

Breathe

Fletcher Soul Traveler

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Intro



If you are new to my writings you will see that I say this expression many times. The more attention you pay to something, the more attention it pays to you.

This brings me to the subject of synchronicity. Many people don't quite believe in it. Many years ago I probably thought the same thing.

Yet over the last 50 years, I have seen it so much on my journey. It's now a part of my life. The mysterious appears mysterious because it is not practical in your life. The mysteries and signposts are all around us. We just don't have the eyes to see.

A couple of weeks ago I wrote a piece called your next breath. I posted this on Facebook. A dear friend named Lorne responded with the comments to an Amazon link for a book called breath.

This sent me off on another ground adventure. I write about the science of breathing all the time. In the last 5 years, I have written around sixty books. I've been through the titles of all the books that I have written and found I hadn't written a book about the science of breath.

I find that quite fascinating because the main theme is the research that I do is about the power of the breath. Another quote that I love and use all of the time is the following. You are the universe. You just don't know it.

Come with me on this journey. I'm learning so much along the way. I have studied the power of breath for over 50 years. We will never unlock the true mysteries behind it. Something so simple yet is probably the most complicated thing in the universe.

We take breathing so much for granted. Most of us are on autopilot. Due to being on autopilot a whole myriad of diseases occur in our civilizations today. Probably less than 1% of the population breathes properly.

The majority of Western scientists still believe that there is no difference between breathing through your mouth and breathing through your nose. I find that quite fascinating.

In the east, for around 5,000 years they have known that breathing through your mouth is the kiss of death. They call it the breath of death. When it comes to breathing, these ancient ones were probably the true PhDs of their time. Breathing was not some theoretical idea. It was a practical experience.

The human body is an incredible chemistry set. Unfortunately, today around the world we don't know that we are in charge of our chemistry sets. We think the external drives the internal. We got that backward. The internal always drives the external.

Can you imagine we have the operating system, hardware, and software to discover our true nature? Everything is set up and wired up. Unfortunately, humanity has never turned on the computer.

The mystics of old understood that there is a universal battery of life behind our breath. Over thousands of years, they learn to refine the techniques to become in harmony with the Earth and the universe.

Being in harmony has been talked about in the east for thousands of years. I remember quite young reading the Tao Te Ching teachings and yet I couldn't comprehend a single word. Years later I wrote a commentary on this precious book.

One who learns to be in harmony is humble. When one is humble, wisdom comes his way. The universe will not give its wisdom unless one is humble. The heart must be like a child. Only in that state will the universe speak to you?

Each breath you take is a miracle. We take it so much for granted. Scientists say we see only 1% of the light specter. Just think heaven probably is all around us. We just don't have the eyes to see.

We breathe in such a mechanical and unconscious way. I find it amusing that we still live as long as we do. In the future, I believe many diseases will be cured by the power of the breath. Western medicine still believes that medicine can cure almost anything.

When I was 18 years old, my brother and I believed in the world of preventative medicine. We saw that Western medicine is only a band-aid. It will mask the symptoms but not cure the source. It has so many side effects.

How many times have you heard a pharmaceutical commercial that says in a sweet voice this drug could cause death? If you and I had a product on the market that said this we would have been shut down in less than a second. Yet thousands of commercials are flooded all around us.

We need to find tools that are free and easy to use in our everyday life. The universe does not charge for its wisdom. Breathing is free. The universe does not charge by the breath. If a corporation could do so it probably would.

Down the rabbit hole.



My dear friend Lorne got me started going down this rabbit hole. I wrote a piece called the next breath. He responded with a link to Amazon for the book titled breath by James Nestor.

It was quite an incredible book. My brother John also read this book. James is an incredible writer and almost hypnotizes the reader through his writing. He combines the intellectual, scientific, and emotional sides of writing. He is comfortable mixing all three components.

Like all writers who master a given subject or spend time researching, many of them have a problem that needs to be solved. James was one of them.

Unfortunately, probably 99 % of the world has similar problems and yet they are aware of them. If they are, the latest medical profession doesn't have the means to cure them of their condition.

Most western doctors still believe that there is no difference between breathing through your mouth or nose. Due to the lack of understanding, we are in the situation today. Many of the diseases prevalent today could be solved by breathing properly.

When one breathes properly, a person's lifestyle will change accordingly. Currently, we have many stacked cards against us. The majority of the world doesn't breathe properly. The majority of the world eats junk food. The majority of the world doesn't take care of the body like what it needs

James does a great job tying all these pieces together. He even was involved in a scientific research project. I highly recommend reading his book. It's amazing! I've

been talking about the science of breath for over 50 years. James added numerous pieces of the puzzle that I wasn't aware of.

Your Next Breath

I'll be honest, my brother and I are fascinated by the breath.
It got started many moons ago.
I remember in my sophomore year in high school somehow I stumbled upon the
idea to breathe through my nose when I ran.
It was probably the best thing I ever did.
In India, I learned the power of the breath.
Each breath we take is a miracle.
The same breath you take is the same breath the universe takes.
The breath of life is keeping you and the universe alive.
Mind you, according to the ancient wise ones the breath of the universe takes
around 15 billion years or so.
Yet somehow we have forgotten our true nature.
We take breathing for granted.
Your next breath is a miracle.
I feel that if got in touch with the power behind the breath this would be a
different world altogether.
That may seem simplistic.
Yet at times the most simplistic thing is the truth.
What happens when you take your last breath.
There are no scientific instruments that can keep you alive.
What is keeping you alive?
That is probably the most important question to ask.
Unfortunately in most people's lives, we don't even bother to ask that question.
You are the universe.
You just don't know it.
What do the breath and the universe have to do with each other?
Behind your breath lies the universe.
What your looking for externally lies inside of you.
This is probably the greatest hide-and-seek game.
Surfers ride the waves of the ocean.
Wise men ride the waves of life.
Behind your breath lies the answer.
Sit still and listen.
The mind is like a tuning fork.
Whatever it touches, it vibrates at that frequency.
Behind your breath lies the frequency of life.

A wise man fine to the guitar of life.
I don't think I need to tell you but our guitars are slightly out of tune.
Lately, we have gone back over 50 years in time.
I'm not going to get into that yet we are sawing off the branch we are sitting on.
This was said by Prem 50 years ago.
Unfortunately, it is more true today than ever before.
We need to wake up from our slumber.
Why are we so lethargic.
Why are we such apathetic?
Why can't we slow down just for a fraction of a second and feel the power behind
our breath?
That's all it takes.
I say all the time the more attention you pay to something, the more attention it
pays to you.
Why don't you experience the power behind your breath?
How much attention do you pay to your breath?
The answer lies inside of you.

Surfing



I remember one event which totally changed my life. In 6 grade my brother and I had a paper route. My brother wanted to buy a surfboard. My parents said save your money and you can.

At that time I didn't care one way or the other. On Christmas day in seventh grade, my parents gave us money for a

brand new surfboard. From that moment on something clicked in my consciousness.

It took us only three months to buy our new boards. We bought a Gordie surfboard in Huntington Beach. Mark McClellan's Dad knew Gordie Duane. Mark has been a friend for around 60 years.

We both got surfboards and started to learn how to surf together. These boards were priceless for my brother and me. My father would take us after school and on weekends. My life from then on was the sea. I felt totally at home. All of my problems would disappear into the ocean.

My happiest moments in junior high school and high school revolved around the ocean. It's hard to explain the excitement of riding a wave. Such joy and happiness come from this experience.

As a child surfing was a form of meditation to me. I would like to wake up early in the morning and my Dad would drive us to the beach. I loved the early mornings. It was a spiritual experience to be in the ocean and experience the harmony of nature.

During my summer of seventh grade, my brother and I would be dropped off at a beach called Big Corona. We would surf for 5 hours and then we would paddle home about 4 miles. Sometimes our dear friend Mark would come with us.

We would arrive home exhausted and my Dad sometimes made homemade pizza for lunch. We had a great summer. Surfing taught me to leave all of my troubles on land and be in the majesty of the ocean.



The ocean was a great place for healing. It was alive.

I will never forget my first wave riding a surfboard. My Dad gave my brother and me a surf lesson from a famous surfer of the time Mickey Munoz.

We got out of school early one day and drove 45 minutes south to a beach named Doheny. We waxed our boards and paddled out to the waves.

I remember when it was my turn Mickey Munoz

gently pushed me into a small wave. It was probably one foot. But this one-foot wave gave me such exhilaration. I felt I was riding a 10-foot wave. Inside I was screaming "Yes Yes Yes". There were so much joy and bliss that I knew I was hooked.

Surfing from that moment on became part of my life. Years later I felt so grateful for my connection with surfing and the sea. It saved my life. It was my home and refuge. It was a place on earth where I could go and be alone with myself.

I developed such a strong bond with the sea. Surfing at the time represented our primordial roots in life. All of life is based upon water.



Without water, our whole world would die. How incredible that human beings can ride the waves of life.

We take it so much for granted. I felt that without surfing I probably never would have survived my

teenage years.

Surfing was a vehicle to experience something far greater than I learned in school. It touched the very source of life itself. I needed in my life practical ways to experience the glories of life and surfing provide me with that experience.

I knew as a youth that we were all going through the motions of life. We were taught to memorize and not to question our existence. So many times the dreamers would get scolded that how it is. Don't ask questions. Just carry on.

Surfing allowed me to ask questions and experience the wonders of life. I knew I was protected and my life was on track. Years later I realized that surfing brought me in contact with GAIA the mother earth. I could go surfing and all the troubles of life would go away.

The planet is alive and conscious. I learned this at a young age. Surfing brought me the experience that the ocean is alive. It communicates to you by the power of love.

Talk to any surfer and they will say the same thing. Maybe they can't put words to it but they will agree that the ocean is a marvelous place.

My Father Teaching Us Exercises



I remember in the sixth grade my brother and I received a series of exercises from my father.

My Dad drew each exercise on a brown piece of paper. It was enclosed in a brown folder. At that

time my Dad said these exercises came from the Air Force. I practiced these exercises for many years.

When I began to study yoga I found out that exercises were yoga postures. It wasn't until 20 years later that my Dad told me that he had a Yoga teacher in the early sixties. Those exercises came from my Dad's teacher.

It was kind of funny for years my Dad couldn't understand my brother and me. When he found out that both of us were on the same wavelength we both laughed. It was kind of funny that years later I realized that the exercises my dad taught me were the foundation of the exercises I do today.

Even back then I was guided in learning about ancient postures which create good health for the body. I did not have any formal teachers but my brother and I did these exercises every day.

To this day it is a foundation for my physical health. I was lucky as a child my parents were conscious of the foods we ate.

We weren't vegetarian but our diet was excellent. Our diet consisted of vegetables, grains, fruits, and poultry. We only had soda pop for Christmas and Easter.

We had some junk food but fortunately, it was controlled. My body thrived on good wholesome food. These habits were easily incorporated into my life later on.

As a child, my brother and I would go to bed between 7:30 and 8:00 every night. Our bodies naturally followed the rhythms of life. Consequently we hardly ever got sick.

I probably was out sick for a week total for my whole 12 years in school. Subconsciously my life was directed to a healthy lifestyle.

My Mom said you can go to bed as late as you want knowing that we would be so tired around 8:00 and we would just fall asleep. I remember my Mom kissing us good night and we would fall asleep before she got out of the door.

I believe that everything is contained in our DNA. I feel at a young age I tapped into the past where I had this spiritual upbringing where the human body is divine.

At this time none of my friends could relate to this. This is another factor that we can listen to and find guidance from within. We are never alone.

High School



In ninth grade, my brother and I went out for cross country and track. I didn't excel until the tenth grade. Then I was unbeatable. I won every race of the track season.

I remember how incredible running was. It was such a rush. My brother and I could run 10 miles in an hour. Running put me in such a trance. At times I felt I was on top of the

world.

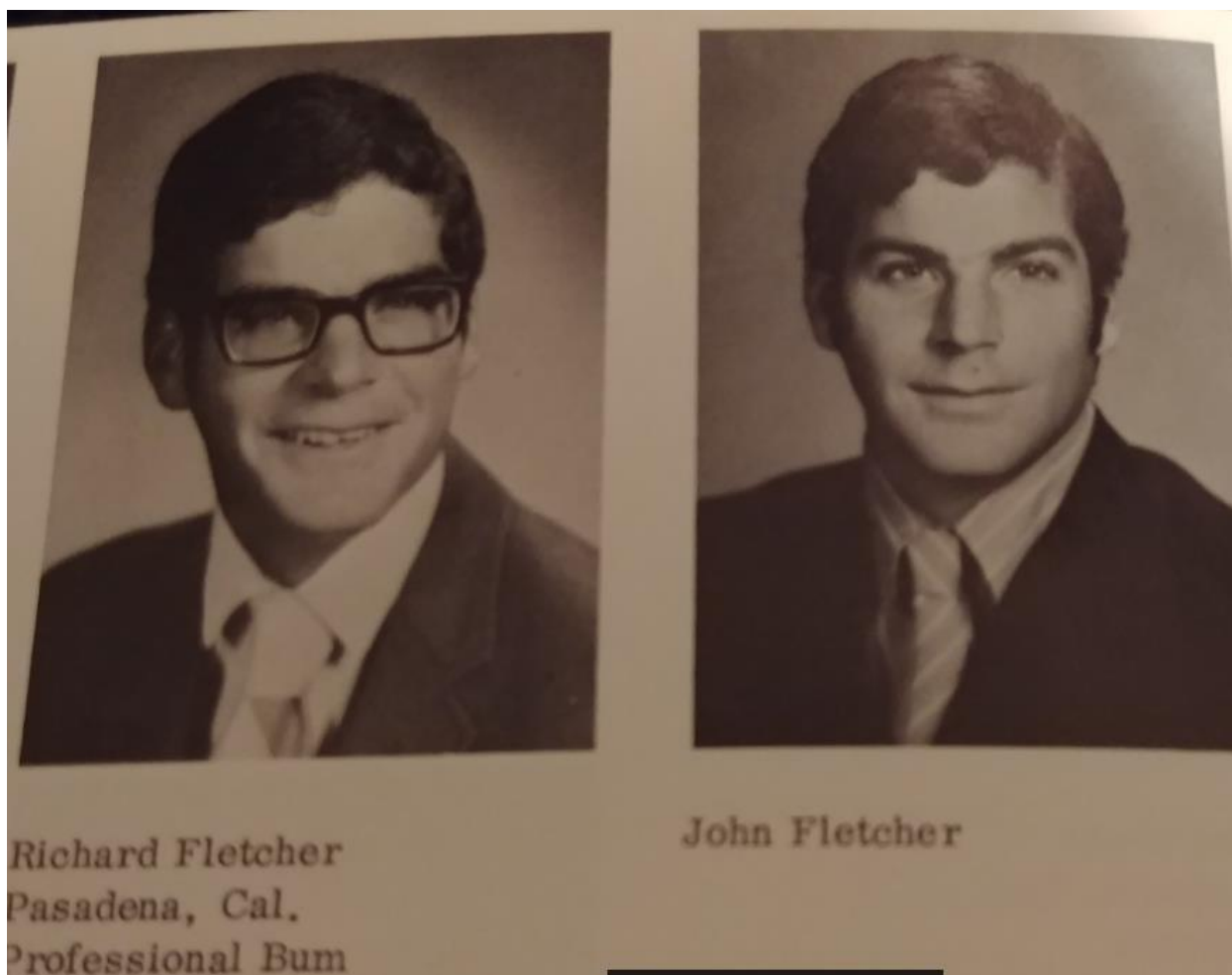
Each step was a living experience of the power of life surging through me. I remember one tactic I learned on my own was to breathe through my nose as long as I could during the race.

I ran the 1320 $\frac{3}{4}$ quarters of a mile. I would usually run two laps through my nose and the last lap and I would run as fast as I could through my mouth. I would usually win by a long shot.

I remember my last track meet before the finals



Graduation day 1



Year book photos 1

I won my event yet according to some rules I could be challenged the next day. The following day I had to run against runners who have been running varsity all year round.

I knew that it would be very hard to run the next day. It usually took a few days to fully recover. I ran a respectful race but didn't qualify.

For All-County Clash

"Keep up the good work," can always be heard from atop the stadium stairs by Harbor's cross country runners. Optimistic Coach Robert Donald is usually the one yelling the encouragement while his team works out below.

Coach Donald is very pleased with his team as they look toward the upcoming Orange County Championship tomorrow. Coach Donald stated, "Every week we have over 20 improvements in time, which is very good for a field of only 40."

Toughest Challenge

While looking ahead toward future meets, Coach Donald pointed out that Westminster will be Harbor's toughest challenge.

Against Marina October 4, the Tar varsity was victorious over the Vikings by a score of 22-33. Top runners in that meet for the varsity were Rick Pierce (1st, 10:53), Dave Jaffee (2nd, 10:57), and Chris Bently (3rd, 11:05). Rick Fletcher led the junior varsity with a time of 11:27, while Frosh-Soph runner, Nat Brown, turned in a time of 12:30.

New Frosh B-

Donald would like to see cross country become a winter sport alongside basketball and wrestling, thereby giving runners more time to build their stamina after summer.



1320 — 1. R Fletcher (NH) 2. Alward (NH) 3. Robertson (NH) Time: 3:28.8.

11:05). Rick Fletcher led the junior varsity with a time 11:27, while Frosh-Soph...

Steve Devier (880), Ken Hurst (1320).
Newport Harbor — Brad Schultz (220), Kirk Chatillon (1320), Rich Fletcher (1320), Court Reeser (120 LH), Terry Allbritton (SP), 880 relay.

Terry Albritton went on to set the world record in the shot put. He is regarded as a pioneer in importing the training techniques from the Soviet Union to the U.S.

These methods include power cleans, plyometrics, and other fast twitching muscle training techniques.

Class Switching
There are, however, a great many advantages to having a double. Sophomores John and Rick Fletcher enjoy switching classes. As a matter of fact, they fooled Mr. Bob Hailey last week, although this trick is not always successful.



The Journey

One Thing Leads To Another



One thing does lead to another. This is an incredible journey. I remember in my junior year at Newport Harbor High an elective class that changed my life forever.

The entire student body had a choice of three or more electives that one had to choose from. Quite frankly I only remember the one I took.

The one I took was a three-week Yoga class that took place on our basketball court. Did anyone out there take that elective? I remember Michael Folk brother of Missy taking the class.

The teachers were Ramakrishna Ananda (Graham Ledgerwood) and his lovely wife at the time. The class blew my mind. It opened up doors that I knew existed yet didn't know how to open myself.

It was love at first sight. Yet it was so radical. At that time there was only one yoga studio in our area. I was 17 years old at the time. Surfing and yoga became my passion in life.

Does anyone know how they were invited to our high school? It was extremely radical for its time. It was like a communist coming to our school and teaching communism.

This was 51 years ago. Today the area is flooded with yoga studios. Even my Mom took classes there in the eighties.

Here's the address 445 E 17th St, Costa Mesa, CA 92627 next to the car wash. It has been there for 51 years.

After I took this three-week course I took classes at their yoga center. The incredible wife taught yoga postures and Graham taught meditation. This helped



set my foundation for life. I still practice both today. I think I remember Buddy Owens taking both classes. I don't remember.

This series of events lead me to go on my surfing odyssey and meditation odyssey around the world, especially in India. hat my friend is even more of an incredible story.

One thing does lead to another.

Click on the photo below for the Youtube video.



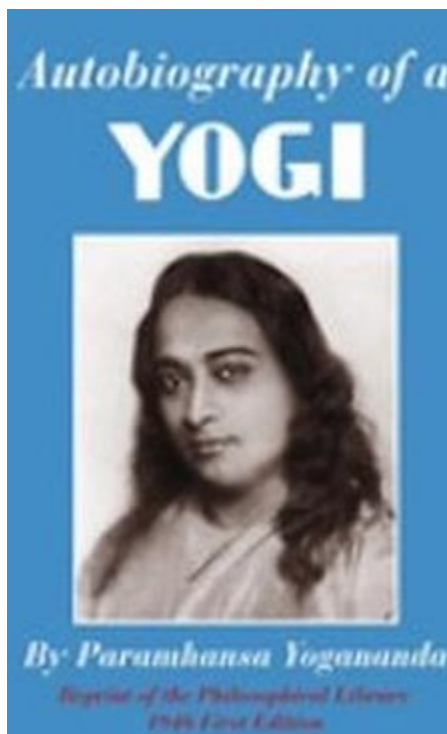
My first two books

Well once I got into the 3-week yoga class at my high school I was hooked. For all those people who know me I love to get my feet in the water. That has always been my nature. I wanted to read some books on this subject so I went to the library.

I found two books. One by Jess Stern is titled yoga youth and reincarnation.

The other book was the autobiography of a yogi by Paramahansa Yogananda. This was a classic for its time and still is a classic.

Autobiography of a yogi



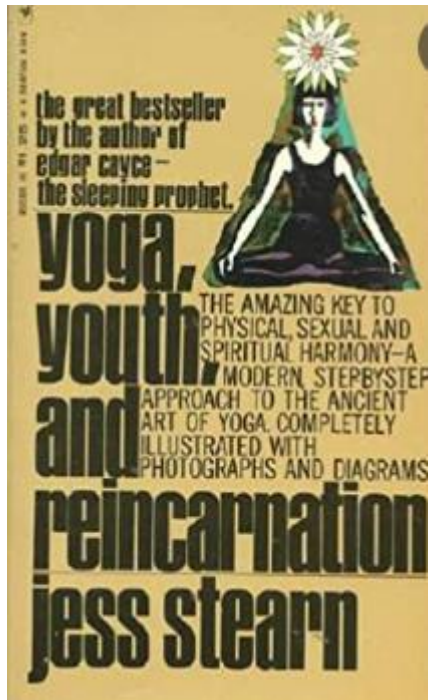
I have read this book numerous times over the past 50 years. Each time I read it, there's something new to understand.

I love back then during the 40s. Yogananda spoke the language of a Yogi and quantum scientists. I love reading chapter 26, titled the science of Kriya yoga.

Each time I read it sends chills up and down my spine.

This was the first time I ever saw science and meditation coming together. Yogananda's book is just as in sync with today's scientific world.

1955



I checked this book out from the library probably two or three times. This was the first book that showed me the many different kinds of yoga postures and breathing techniques.

I was quite fascinated and took the knowledge to heart. I saw quick improvement in my yoga postures.

For some reason, at that time I had a knack for this. I loved doing them. It was not a burden at all.

I tried the meditation techniques. To be honest, it wasn't exactly what I was looking for. Somehow I knew we have five internal senses and five external senses.

Don't ask me how I knew that. Both my brother and I instinctively knew this.

You will see later in this book how I discovered this.

Age of 18 Travel Around The World



During my senior year, I decided to put off college for a while and travel and surf around the world.

I had another objective in mind all so. I wanted to find a teacher who could reveal to me the experience of my true self.

I had glimpsed in my life a light more brilliant than the noon-day

sun. I knew that God was light but I wanted a conscious and direct experience.

I wanted tools in my life where I could achieve 24 hours a day connection with the source of life itself. I prayed to God to be shown. I knew some teachers could reveal that experience and unlock the door.

After the door was opened it would be up to me to cultivate the experience. I worked at a grocery store after school and on weekends.

I graduated from high school and went on a surfing trip to Mexico for a few weeks.

Before I went to Europe I spent two weeks at a YOGA camp in Nevada City in Northern Calif. I had a wonderful time at that yoga camp.

The owner of the camp was Kryiananda a disciple of Yogananda. Yogananda was a famous Indian Swami who died in 1952. Kryiananda was one of his disciples.



My fond memories were in the temple late at night. I would meditate late at night and would have these incredible visions inside.

I was bathed in blue light. I felt such a relationship with nature. I felt my life was incredible and that everything was being unfolded.

Up to this point in time, I couldn't tap into the mediation experience at will. It was a lot of hit and miss. At this YOGA camp was the first time I was in an atmosphere where people were consciously trying to experience the source of life.

I learned some valuable techniques. I felt such peace inside of my being. My mind was slowly coming down to a halt. It's kind of funny without mediation a human being doesn't realize how powerful the mind is.

I remember the first time I close my eyes and realized a battle was on my hands. It would take patience and work. But it sure was worth it.

I spent two weeks there and took a plane from Oakland Calif. to Europe. I went with my high school buddy Craig Perkins. Craig was a great person to be around. He had a great sense of humor.



While I was in France one day I woke up and saw huge waves breaking. The waves were probably 15 feet high.

The surfing spot was at Le Barre a famous but now extinct surf spot. I took off on a huge wave stood up and the next moment I was free-falling down the wave.

Back then there were no leases. My board got carried to shore. Le Barre had a jetty and 15-foot waves were breaking on the rocks. The rip was so strong it was like a river.

For the first time in my life, I said "Lord if you exist you had better do something real fast. I closed my eyes and saw an incredible light and a small Indian boy. The next moment I was onshore. Everybody on shore said it was a miracle.

The next day I decided to go to India. As I look back at that experience I feel the hand of grace in my life. I felt so protected. Here I was only 18 years old but I knew my life was protected.

I was about to start the adventure of a lifetime. This was a near-death experience for me. In the early seventies, I read books about the death experience and my experience closely resembled that experience.

I saw a great light that filled my being with bliss that is boundless. I saw a figure which told me without words that everything would be all right.

This experience I knew could be experienced consciously. It didn't have to be a hit-or-miss affair. I knew a human being could experience the

source directly no matter if he/she was sleeping, dreaming, or in an awake state. A man could tap into the source of life.



Your video

Talk Story With Peter Lingle 2



Peter Lingle 1

After my surfing accident, Peter and I started on our trip to India. I was very excited. I knew that something wonderful was going to happen in India. All of my dreams would come true. We drove from Biarritz to Venice where we stayed for two days with an Italian friend from high school. We drove through Yugoslavia. At that time it was a communist country. The people at that time were very suspicious of outsiders. They weren't very friendly. The countryside was amazing. We were high up in the mountains and could see the Mediterranean

Sea. Peter would drive and had this harmonica he would play. He was a good player.



We drove to Athens in Greece. We spent a week there. I loved going to the Parthenon. Here I was in the cradle of such an incredible civilization. I was in awe. We sold our car and took an airplane to Turkey. When we landed in Istanbul I

knew this is where east meets west. This city was so different. The Muslim mosques were so beautiful. The policeman had submachine guns. I had never seen that before. I remember staying at this house where a lady came in and said we had better leave because the police were going to raid the place. She said people used drugs and the police were going to bust the place. I felt someone was taking care of me. I didn't want to end up in a Turkish jail. Especially because I didn't use drugs. That would be hard to prove in Turkey.



istanbul at night 1

We spent a week in Istanbul and then went to Ankara. In Ankara, we had to stay a week because the border was closed. The Shah of Iran was having the 1000th-anniversary party for Persia. He didn't want young westerns or trouble to come to his land for this party. I heard

that the Shah even built props to hide poverty. I had a friend who went to the party and he said it was quite the affair. They had air-conditioned tents. The Shah spent thousands of dollars. While in



Ankara we saw the Queen of England in a parade. There were thousands of soldiers carrying submachine guns. After a week the border was opened and we took trains and buses to Iran. It was quite a scene traveling. Both Peter and I carried our surfboards and our packs. The trains were quite dirty and packed. We slept on the floor of the train. The busses were like the trains but they had livestock on board. I was getting quite a lesson about life. We arrive at the capital of Tehran. Tehran was quite a beautiful city. We found out that a week before a young American tourist died the week before. Supposedly she entered a Muslim mosque and was stoned to death. The reason was that only Muslims could go inside the temple. I met a man from the secret police. He came up to me and said that he had killed about 30 Americans this year. In Iran, if they found drugs on you, they would shoot you on the spot. What a way to control the drug problem.



We then took buses to the border of Afghanistan. This is where the scenery drastically changed. I felt I have transferred back two thousand years ago. The Afghanistan people are warriors. Their culture is the same for thousands of years. We were in a high mountain desert. Everyone carried guns or rifles. This was way before the Soviet invasion. I felt I was in an old Wild West town. There was no law or order. The people were quite nice. But I knew you didn't want to cross them up. The people in Afghanistan smoked a lot of hash. They used this drug liked alcohol. The whole nation used it. The food was quite good. We took a bus from the border and made it to Kabul. Along

the way, we bumped into this Hawaiian named Charley Krusner. Charley was a great guy and we traveled together. Kabul at this time was a hangout for the European hippies.



The Europeans were heavily involved in drugs. These used a lot of opium. It was quite sad to see people my age addicted to opium. There was nothing I could do. Many of them simply wasted away. The drug was

very cheap and could be bought anywhere. I know a lot of my friends in the states would have loved to be in that environment. It was an eye-opening experience. For the first

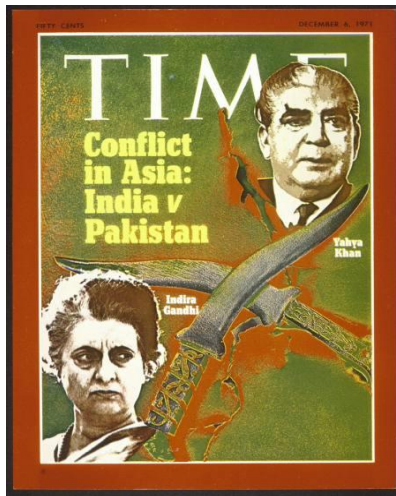


time, I saw so many young kids wasted and hanging on to life by a thread. There were thousands of miles from home. During this time I would meditate each day. I knew something incredible was going to happen to me in India. I just had the intuition that my dreams would come true. I knew I would meet someone who could show me the way to open the door. I felt

protected. It's a beautiful feeling to know that someone is watching over you. I was thousands of miles away from home and yet I felt great inside. I felt protected. My main goal was to get to India. Ever since I left France the feeling kept on getting stronger. I felt such a wave of anticipation that my dream will come true. I had only a short time and it would be shown to me.

I left Kabul and took the Khyber Pass from Afghanistan into Pakistan. The Khyber Pass was used by Genghis Khan. It is one of the oldest trade routes in the world. Throughout history, it has been an important trade route between Central Asia and India. What a radical road. It was all dirt which most of Afghanistan was. There were no guard rails and we had these crazy drivers driving as fast as they could down this pass. The buses were quite different. Each bus would have a different altar depending on which religion they belong to. They would be flowers, incense, pictures, and memorabilia. We would be driving down this huge mountain on a skinny road. This was the only route from Afghanistan to Pakistan.

Indian Pakistan War



Well, we finally made it to Pakistan. Lahore was a busy city. We only stayed for a few days.

When I was in Pakistan I saw signs saying crush India. When I arrived in India I saw signs saying crush Pakistan.

I arrived at the border of India at the beginning of the Indian-Pakistan war. The following day the border was closed for 5 years.

First Day In India



Times have changed 1

My first day in India was incredible. I remember crossing the border. At this time there was a two-mile walk to reach the border check for India.

There were parrots and wild birds everywhere. I felt such a strong spiritual experience. I was home.

It's hard to put in words what I was feeling. I knew something incredible was to happen to me in India. I was looking for a teacher who could give me practical experience of who I was.

I remembered being checked by an Indian customs lady who was famous for busting people for bringing drugs into India.

Since I didn't use drugs I wasn't worried. I remember such an aura of peace that came over me. The sun was just setting and the whole forest was alive.

Thousands of parrots were in the forest. The smell was like an incredible perfume in the air. I crossed the border and took an overnight train to New Delhi.



sikh temple new delhi 1

When I got to New Delhi I was very tired and exhausted. I heard rumors that the Sikhs allowed people to stay at their temples.

I went to this huge Sikhs temple. I asked can I stay here overnight. The man said no but there is a huge festival going on down the block.

This festival is for Maharaj Ji a thirteen-year-old boy who just came back from a tour of the west. I remember 4 months earlier reading about him in Time magazine and from my sister.

I was intrigued by how a 13-year-old boy could have such a huge following.



The first person I met was Guy Nouri. He and his Mom came to India to partake in this adventure. Little did I know that our connection would last the rest of our lives. Watch the Youtube video and you will see where this story within a story takes place.



Your video

Talk Story With Guy Nouri



ATARIPODCAST.LIBSYN.COM

ANTIC The Atari 8-bit Podcast: ANTIC Interview 407 - Guy Nouri, Interactive Picture Systems

Guy Nouri, Interactive Picture Systems Guy Nouri was co-founder of Interactive Picture Systems, a company that created software for 8-bit computers from 1982 through 1984. The company's first program was...



RamLilia grounds 1

I arrived at the festival site and was escorted to the stage where 1 million people were sitting. It was amazing, a sea of people.

The next thing I knew a young Indian boy walked on the stage wearing a Krishna outfit.

He was wearing a gold crown with jewels and a gold outfit. I was laughing and crying at the same time.

Something inside of me knew I was home, that the experience I was looking for could be shown by this Indian boy. Being eighteen years old

I was very practical that I wanted a direct experience of GOD inside of me.



What this young Indian boy said made sense. He said seeing is believing.

If I told you an ant was 10 feet tall, would you believe me? But if I showed you seeing is believing. He said don't believe in my words. Take my experience. See for yourself. If it suits your practice if not go on your way.

At this time of my life, this made sense. I have never heard someone saying I can reveal who you are. All my teachers in my past said to believe and maybe someday you will have that experience.

Maharaj Ji said to take the experience, practice it, and let the seed bloom into a fruit tree.



Initiation



The following day I packed up my bags and took a train to Prem Nagar, Maharaj Ji ashram near Hardwar is a small town in the foothills of the Himalayas.

For the next two weeks, I listened to discourses about this knowledge.

Something inside of me knew that I was to receive the experience of a lifetime.

Prem Nagar Ashram 1

I knew the door to my soul was to be opened. Words are hard to express the feeling that was going on inside of my being. I knew that in a short time I would be shown and revealed the secret of life itself.

I knew this experience was real. I talked to a lot of people who had this experience and I could tell and sense that something wonderful was going on.

I liked the idea the proof is in the pudding. I didn't want to join a cult or a religious group. I just wanted a direct and continuous experience of the power that is keeping me alive. I knew through practice this could be achieved.



Indo Pak war 1

During this time the war between India and Pakistan was going on. Each night air raid sirens were going on and off in the distance we could hear bombs going off.

There was a general blackout at night. Pakistani bombers were only miles away. Air raid sirens were heard in the distance.

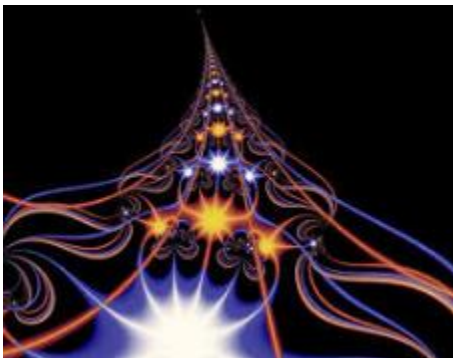
At the ashram, the whole place was so serene while in this part of the world people were dying.

Trains of Pakistanis were being massacred going from India to Pakistan and trainloads of Indians were being massacred going from Pakistan to India. Such a dichotomy.



I'll never forget my initiation. There were probably about 20 of us in a small room. Maharaj Ji had initiators who revealed his knowledge.

We were in the room while Maharaj Ji was playing on top of the roof directly overhead us. The experience that I had that day still sends shivers of joy just merely the thought.



The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience.

When the initiator touched my forehead I felt this incredible surge of energy. I knew at that point that something incredible was going to happen. My whole body and soul sensed it.

My conscious completely left this physical existence. A golden circle of light appeared. Inside this circle, a brilliant blue star appeared. This golden circle of light and this blue star were so beautiful.

It was probably the most beautiful thing I have ever seen. Waves of love, joy, and peace were surging inside my consciousness.

All of a sudden the star transformed into a ray, a tunnel of blue light that went on for infinitely. I merged with the blue ray. It's very hard



to describe this experience. I was at home. The doors were opened. I was given the keys and it was up to me to cultivate the experience.

I have definite proof that we are more than these bodies. All of a sudden the mystery of life was revealed. I knew the secrets behind all religions.

There was a genuine experience that could be shown and experienced. Years later I realized that this experience was an initiation into Lord Michael's blue ray. It was the Jacobs ladder. This experience was the ladder to God.

To this day I'll never forget this experience. It gave me practical proof that God existed. I knew it but this was a practical experience. It was more real than any outside human experience.

I knew that my life was on track. I have waited years to go home and I was shown such a glorious place. When I returned to this earth and regained physical consciousness my whole body was shaking like a duck.

My body had a hard time. Can you imagine being hooked up to the power plant of the whole universe? I knew no damage was done. Over

time I knew that the body was built and designed to handle that kind of current. Day by day through meditation man can slowly harmonize with these frequencies and begin to vibrate at this frequency.

inner music

Three other techniques were revealed. One was music techniques. I was shown how to listen to the innermost frequencies of life.

Since God is energy, man can be in tune and listen to subtle energy frequencies. Different religions have different concepts of this experience.

By listening to this music over time man is filled with such joy and peace in his life. The mind slowly begins to slow down. In this state, man gets in contact with an energy frequency that is infinite.



This energy is pure love and bliss. The whole universe is composed of this energy. It was is and will always be.

This is the Word of God. Every major religion talks about the Word in some form or another.

There is a very simple technique where a man can be in direct communion with this subtle energy. When a person first receives this initiation the word is very subtle.

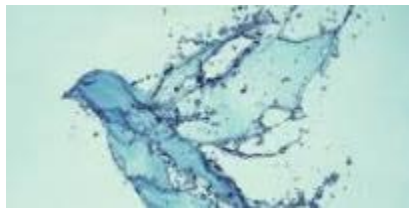
The majority of people don't understand the power of this word. I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word.

My whole being is instantly filled with such a wave of love and bliss. I'm not there 24 hours a day but I know it is possible. I have had

experiences in that I was completely taken out of this physical world and taken to a place where there is no time and space.

The only thing that existed was this incredible energy of love. I knew I was at home with my father. This energy exists through all of the creation. It exists in the manifest and unmanifest. It exists throughout time and space and beyond.

All of creation comes from this word. In the bible, in Saint John, the verse goes like this. In the beginning, was the Word. The Word was with God and the Word was God. Human beings can tune into this experience.



The last experience was one of the living waters or nectar experiences. When a man is in this experience powerful hormones and enzymes are secreted through the endocrine system.

Through the ages, man has learned that he can experience this nectar or living water. Just one drop of this is an incredibly powerful experience. One drop can take man's consciousness into an altered state.

This fluid is very cleansing to the body. When Christ was in the desert for 40 days and nights he lived off this manna. This experience is energy in its subtle form. It is energy yet it transmutes itself into matter.

This experience is very powerful to the endocrine system. I have had numerous experiences with this nectar. It's probably the most intoxicating drug known in the universe.

Unlike a drug that has a side effect, this experience is completely beneficial to the body and soul. These experiences reveal over time who we are.

We are more than our minds and body. We are this source of life. Each one of us is part of this universal consciousness. We just don't remember it.

It's amazing when we were born we came from the source. Our whole being was this consciousness. Over time we forgot. Years later we have completely forgotten our true existence.

After the initiation, I thanked my creator for revealing himself to me. My dreams come true. I had the tools.

Everything made sense to me. I could read the scriptures and understand the hidden meaning. The scriptures were at the same wavelength. I had a lot of respect for the major religions.

Mediation Ganges



Ganges River 1

The following day I was sitting by the Ganges meditating when I completely lost consciousness of this planet.

I saw a light more brilliant than the noonday sun. My consciousness was flowing into a river of

nectar.

I felt the whole Ganges River was flowing through me. Maharaj Ji had a beautiful poem by Rumi a great Sufi teacher that sums it up. It goes like this.

There is a palace in the sky without any foundation. A blind man sees a light more brilliant than a million suns. A deaf man listens to unstuck music. A lame man climbs up a well and drinks the nectar and becomes intoxicated. A clincher is only a wise man who understands what I'm talking about.

From then on my life was to change drastically. After my initiation and this experience, my life was never the same. I was shown something so incredible that my focus was on this experience.

My whole life from then on was based on practically cultivating this experience. Day by day I was going deeper and deeper into my existence.



My days in India were spent in meditation and spending time with Maharaj Ji. Meditation was such an incredible experience. I call it going to the movies.

Day by day I was going deeper and deeper into realms I have never been before. Prem Nagar was such a beautiful place.

I was thousands of miles away from home and then again I was truly at home. I was content and full of such incredible bliss.

My mind was learning to focus on something inside of me that never changes that it was and will always be. I was learning how to be connected to that experience twenty-four hours a day.

I practiced meditation liked how I surfed with joy and the thrill of riding the wave of life. To this day I'm still blown away that this experience is lying dormant inside of humanity just waiting to be discovered. We are searching for the jewel and the jewel is hidden inside each one of us.



Over time it's not all bliss and roses with this experience. I had to face my mind.

The mind is such a powerful thing. It can be your friend or enemy. I learned over time to become its friend. In the beginning, at times I thought I would go crazy.

The mind was constantly chattering. I would sit for hours and at times I wanted to get up and just forget the whole thing. But then I would

break through. Then the experience would rush in and completely saturate your being.

You are bliss. I felt that I had to break down the door. Over time I walked through the door and my mind hasn't bothered me in this way since.

I'm not saying my mind doesn't bother me at times it does. But when I close my eyes or put my connection to this Word of God my whole being is filled with bliss.

In the beginning, it took tremendous effort to have this kind of experience. In the beginning, you meditate on the experience. Years later the experience meditates on you.



I remember that a few days before Christmas the whole ashram took a train ride from Hardware to Patna a city in Bihar India.

Bihar is one of the poorest states in India. The scenery was beautiful. We were traveling on this old funky Indian train. We would see swamps that were full of Lotus flowers.

Wildlife was everywhere. Maharaj Ji was having a three-day program. I remembered at the festival there were probably a million people there.

At one point in the festival, the Arya Sumaj attacked the festival. I'm not sure how many people died. This group caused a lot of trouble in India.

It was kind of scary to sit on the stage watching fighting only a half-mile away. India was quite a different place. The people were quite friendly.

They liked westerners. The Indian people, in general, had a strong conviction for God.



Before leaving for Bihar my friend Peter left to go back to America. I loaned him the money which I got back in South Africa.

The westerns left in January. There were only a few of us left. I spent my remaining time in Delhi. I remember I would meditate and go into town.

The Indian food was great. I bumped into the son of James Arness. His father was a famous actor in Hollywood. He played in Gunsmoke on TV. He had a son (Rolf) at the time was a world champion surfer.

It was quite funny meeting him. I was buying a kilo of cashews for one dollar. I just started talking to him.

During this time Maharaj Ji was planning to go to South Africa. He needed a few westerners to go and help set up the necessary

arraignments. Somehow Maharaj Ji's mother asked me to go. So in early February, we embarked to Bombay.

Finding Bombay Ashram



We took a train from Delhi to Bombay. Maharaj Ji was in Bombay for a week.

Upon reaching the train station I realized that I lost the directions to the ashram. I just laughed and knew that everything would be all right.

I was traveling with three western girls. I said let's go hop in a taxi. We got in the taxi and the driver said where you want to go. I said we will direct you.

Bombay is a huge city. None of us have been there and he couldn't believe it. But he did as he was told. I close my eyes and received directions on where to go. Left-right etc.

After about 45 minutes of driving, I told the driver to stop. We got out of the car knocked on the door and walked right into the ashram. I never told Maharaj Ji how we got there. It was just a matter of fact.

Monroe Institute





When I lived in Miami Beach I read an article in Omni Magazine about the Monroe Institute. Robert Monroe was a radio engineer in the late fifties.

One day as he was sleeping he felt himself drifting outside of his body. He thought he was dying. He had this experience recurring every month or so. Finally, he went to the doctor.

He was concerned that he was going crazy or he had some major illness. Robert told the doctor what was happening and the doctor told him that maybe he was having an out-of-body experience.

He recommends some books to read on the subject. Robert Monroe learned that his experience was about the same as his. Maybe he wasn't so crazy after all.

The experience kept on coming. Being a radio engineer he thought can I produce this experience by using sound waves. After years of research, He learned to utilize sound waves.

He came up with a system that used sound waves to trigger the right and left hemispherical synchronization of the brain. This technique can be modified for learning, health, exploring, etc.

The Omni article said that he had a week-long course in the foothill of Virginia. I was fascinated by this article, called the office, and found out there was an opening for the course. This course is called Gateways.



I arrived at the site of the course and was captured by the beauty of the place. The site was in the mountains.

There were a few houses on the property. The foundation owned a good chunk of land.

We were oriented on what days were to be. They took away our watches so we had no idea what time it was. This was not an ordinary course.

Most courses I know of are lectures. This course was based on experience.



At the institute, our actual living quarters were our laboratory. Each bed was its unit.

There were headphones with a microphone which I will tell you about later. There was a curtain that closes off the bed so no light could come in.

Each unit was self-contained. At the first meeting, they told us our schedule. We would get up in the morning shower and then play a series of tapes.

After each tape, we would go to a conference room and talk about our experiences. We would do this throughout the day. We would have lunch and breaks throughout the day.

Day 1 started. We learned about focus 10. This step was about how to put the body asleep and at the same time keep the mind awake. The tapes were incredibly produced. We would put on these headphones,



lie down on our bed, and have these incredible experiences. Day after day the experience would build on each other.

I remember some experiences being completed taken out of my body and being bath in light.

There were talks with angels. I call the Monroe Institute the Disneyland of spiritual. It was amazing to go to a place and see modern scientific equipment being used for self-discovery.

So many of these tapes were for our self-discovery. I remember on some tapes I could hardly walk afterward. I was quite shy and didn't talk too much about my experiences.

I would recommend this program to anyone. During our course, we had a doctor, ministers, computer programmers, housewives, and people from all walks of life.

It was worth it. Robert Monroe is truly an amazing man. He is definitely on the cutting edge of technology.

Intro.

This is Richard Fletcher Monday, October something Second day of the gateway program. I would like to say at this point I'm diving

deeper and discovering more of myself and I'm very impressed by the whole operation that is happening around here.

Energy-bar tool



My experience was building the energy bar was going to take some time to get into it. To develop it It wasn't too hard to construct. My experience was very simple. I kind of drifted to sleep. I wasn't there the whole time.

But I had some powerful connections beforehand to see this energy bar could take me to another dimension. It could take me to the other side.

It has endless possibilities for what this bar can be used for. I can use this bar as a beacon to attract my guides or use it to protect me from other things it looks like an all-versatile tool. I just need to develop more and more usage of it.

Freeform 10



This tape was freeform 10. My experience was using the energy bar and trying to see and trying to feel how I could use it in a practical form.

I used this energy bar to create a vibration inside of me that was vibrating faster, faster, faster, and faster. I then used the energy bar to go up and down my body.

used it like a laser to take away all the negative energy and impurities from my body. I then would take it to my brain and subconscious.

From there it turned my dark subconscious into light. From there I could be more conscious. Then I used the energy bar to create swirling effects around my body.

This would create a much more intense kind of energy. I put this energy bar on my third eye. I was experiencing an inner dimension

Liftoff

This is the lift-off tape. In this tape, I lifted myself through the roof, through the clouds, and past the moon. I lifted myself and then lowered myself down.

I was putting together the kinesiology of actual lifting off.

Introduction to Focus 12



Before the tape even began I was just completely sailing inside. I was just accepting myself.

I was just trying to accept my hesitation. Hesitations are your friend. Just go inside and enjoy the experience just like a child.

In the focus 12 state, it was such a beautiful, beautiful, beautiful state. It is a state, of freedom of joy, and happiness. It was an expanded state of awareness. I was experiencing this state just like a child.

A child just accepts and accepts. This is a place I want to be all the time the place of acceptance. If the hesitation is there accept it just like a

friend. It's ok. I don't have to control any kind of experience. All I have to do is ride on that experience.

Just ride on that joy, just ride on that beauty and ride on that light. All I have to do is let that experience come to me of its own accord. I know what I'm looking for and I know it's happening moment by moment.

It will open up to me in its prime moment. In the meantime, I will just enjoy each experience that comes to me. I am putting my attention on what is coming my way.

I am not being directed towards one aspect of what I think is supposed to happen but just to be open period. Focus 12 is such a beautiful state. I have been there many times before.

Problem Solving



This tape is called problem-solving. The problem that I was trying to solve was the question "how can I practically leave my body consciously?"

I had this one vision of walking down these stairs from the gateway program (from upstairs to downstairs). And then an answer came to me that I'm learning the tools.

Don't worry about it. Everything will simply come to you. It's just a matter of relaxing into that experience and just accepting it. It will come in due time.

Most of all just be patient. It will come. There are means. This is not a supernatural thing. If you practice it will happen. It will manifest.

This was the question I put out and I waited and this was the answer that I got. I'm just learning how to visualize, see images, and accept images. There is something for me to learn from those images. In the

past, I would ignore them but I know not to look at them and embrace them.

Free flow 12



The name of this tape is free flow 12. My main objective was to explore this state of consciousness.

I just let go and just enjoyed this state of consciousness. It was a very beautiful experience that I had. I was just bathing

in the light.

I was experiencing that beautiful vibration inside. I was just riding that wave and riding that energy inside. I saw a picture of a person named Catherine who was here. I was just experiencing her inner beauty and her happiness.

I was just experiencing a very simple friendship. It was very beautiful and very simple. I just rode with that experience and was open to various nonverbal communication experiences.

I have the ability the inside, it's there and it's latent and I have experience with my brother. Overall it was a very simple beautiful experience.

It was beautiful to see the potential that is there. I am very happy with this place. I am very happy to partake in this program. Just to relax and swim and socialize. I feel I'm establishing a stronger connection inside.

Free Movement



The name of this tape is free movement. There are different positions to leave the body.

This first one was the most powerful. I feel with this technique I can master it with some practice. It's a very powerful way to explore different worlds and dimensions inside of myself.

The next thing was lifting myself from a string lying down and lifting myself at a 45-degree angle. This is also very powerful. All and all I see the glimpse that I can experience the freedom that I want.

I see that it is happening. In the long road, I will have that experience.

Five Questions



This is a tape called five questions. The first question is who I am. In my last life, I realize I was a student of Ramakrishna a famous Indian saint in the 1800s. My name was M. I wrote the Gospel of Ramakrishna.

That's what I read in the Autobiography of a Yogi and completely identified with Yogananda. Yogananda would come and see me as a child.

My next question is what is my purpose here? My purpose here on earth is to expand and become completely one with the Lord and to express his knowledge and love. Also to establish the kind of communication a human being can have with his creator.

The message that I was told to do was to keep on trucking. Keep on going and I will be led to areas I never knew existed. This workshop that I doing is something I have wanted to do for a long time. All of my

dreams and aspirations are coming true. This tape was delightful just to go and go deeper into this experience.

Non-Verbal Communication



I just can't believe this. This tape is NVC. I just got taken away. I saw all of these incredible things.

The light coming out of my navel, blooming into a Lotus blossom. A Christmas tree with Lord Jesus on it.

The next thing I knew around this table were people from outer space sitting around it. There were just talking to me and there was such a feeling of love, energy, emotion, excitement, and joy. My whole body was sweating and tears of joy were streaming down my face.

Now I know the experience of NVC. It's such an incredible place and experience. This is the type of communication that human beings are meant to have.

I just want to say thank you, thank you, thank you. I'm just totally one hundred percent fulfilled. I just can't believe this.

This form of communication is so beautiful. Just to see and feel the kind of communication that we can have. Just pure love being transferred.

Introduction to focus 15



This tape was the introduction to focus 15. My experience of this time was to sense and experience a state of no time.

There is a tremendous void, a tremendous light inside of myself. By being with this light it is possible to travel to any time zone past the present and future.

It's wonderful to know that through this experience I can learn to do so. I can slowly just ease myself into this consciousness.

It's incredible to know that there is a place that is beyond time. There was so much energy that it was hard to get used to it.

Free flow 15



This tape was free flow 15. I experience a beautiful love with Cathy. I experience a beautiful connection between us.

I just completely want to dive into that experience. I know I have met her before but

I don't remember where. (See Maldek experience.). My daughter was there and her daughter was there.

We were all playing and laughing together. It was so much fun. We were all experiencing so much joy and happiness.

No tape experience.



This was the no-tape experience. This was like all the rest of the tapes.

I brought myself into 10 then 12 then 15. In all of these states, I experience inner NVC communication. I just rode this inner wave that kept on getting faster, faster, and faster.

I found myself in various states of consciousness. It was so easy to just go right through them. When I reached the 15 states I just explored that state.

It was so beautiful to be in a place where there is no time. Just light, love, and happiness. We don't need these tapes. They are just like training wheels on a bicycle.

It's nice to know that there is a technique that we can use to experience this. The silence is beautiful. I am very happy to know that I can incorporate this into my life. It's all happening.

What an incredible love that exists inside. It's so natural and beautiful.

Communication point 15



Communication point 15. I went to a state and asked for any kind of message.

The messages I received were in the form of NVC verbal communication. My first message was a picture of Cathy.

The next picture was an image of a dove that gave me peace. Then I was brought up and saw the image of Shri Maharaj Ji



(Maharaj Ji Father). My whole feeling was sensing discovering that there is communication in this state is where communication can occur between your guides and teachers.

They can in this state teach you and communicate with you. They communicate not so much with words but with images.

They can transmit their experiences through images. I just need to learn more and more about this. I am very hopeful about communicating with my guides.

No name tape



Before this tape started they play Amazing Grace. I couldn't believe what was going on. Maharaj was there in his crown and glory. It brought me back to where I was 15 years ago.

It was very emotional and I cried a lot. Just to experience the joy inside. Amazing Grace. This life is truly amazing. It is glorious, I then kind of drifted off and when I came back I was surrounded by swans.

I tried to do the tape but some of the technique I couldn't quite understand. The main thing I wanted to emphasize was Amazing grace. It truly is amazing. Amazing beyond words. That is the main thing I wanted to communicate.

Relation Galaxy

The name of this tape was the relation galaxy. At this point, I was supposed to put on my headphones. I was just totally just gone. I went to this place in the center of the universe.



At the center was the incredible power of love. The primordial energy for this universe. It was beyond words to experience the unity of the universe being supported by this primordial vibration.

I saw in this state swans and a beautiful lotus flower that was blooming and blooming. There exists in this place all of the great masters. There exists that divine light. The light of God exists everywhere.

That was such a wonderful place to be. I was experiencing my body like an astronaut experiencing the various g-forces.

My whole body was contorted. I am still not out of that place. I just want to live there and dwell there.

5 Messages



The name of this experience was 5 messages.

The fifth message was I have something to do in December. There is a mission that I'm getting prepared for (I moved from Miami to Calif. with Catherine in December) my fourth one was that I

should be good friends with Cathy.

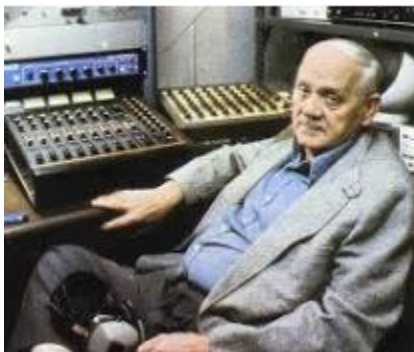
The number one message was devotion to the lord. I should be an example of this. The Lord wants love.

Number two was that everything I ever desired will come true. All of my dreams will be satisfied.

Another purpose that came to me was to love everybody I encounter. I should be an example of accepting people for who they are and loving them without conditions.

I should be a simple messenger of the Lord. I don't remember the other one.

Vibe Flow



This tape was called vibe flow. This is a nice tape. Bob (Robert Monroe) just increased the frequency level.

I just got in tune with the frequency level. I just went higher and higher and higher and higher.

Shhhh. I was absorbed in that energy. Half of that experience was traveling at the speed of light. It was like being in a rocket going faster than warp speed. It was traveling at the speed of light. 186,000 miles per second.

Next on the tape was music from the session I forgot to turn off the tape

I was just completely blown away. I was in total bliss. This music just brings me back to that state. I was in total awe.

There was laughter in the background. The rest of the people were discussing their experiences.

Side Two

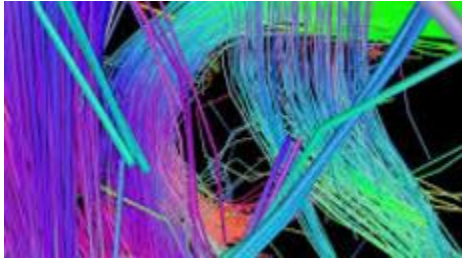


During this music, I was seeing a picture of Shri Maharaj Ji (Maharaj Ji's father). I saw an image of Shri Maharaj Ji holding Maharaj Ji.

I had an NVC experience of going into a dream and coming out and realizing that it was an NVC experience. I just want to go

back inside for a few more minutes. I could very easily just leave and never come back. (Long Pause)

15 to 20

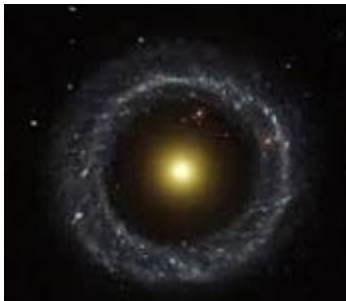


The name of this tape was 15 to 20. I felt I was resonating with the colors green and purple.

It will take me time to know what this experience means. Slowly I will begin to understand all of this. (Long Pause)

Music is playing in the background.

One one patterning



This tape is called one-one patterning. I kind of zone out of this tape. I see I just to have something in my mind hold it and repeat it every single day and it will come true.

By putting it in my subconscious over time it will come to existence. I am incorporating everything in my life. The main key is to utilize these tools in my life.

I am the director of my life. I am in charge of maintaining and expressing my emotions. At the same time, I just enjoyed the feeling of love that was all around.

I had such a peaceful rest. (I forgot to turn off the tape long period of silence)

Freeform 21



The name of this tape is freeform 21. I just got taken inside of me. I just really enjoyed the experience inside of myself. Joy and peace were overflowing.

All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

Freeform 15



My experience with freeform 15 was completely wonderful. I went to such a deep place inside.

I had this wonderful experience that happened there. Catherine was there and we were beings of light. There was this big

heart that surrounds us.

We were just one in that heart. Out Of that heart, our souls just merged. The light came from my third eye and Catherine's third eye. It was like two laser beams of light and love merging into our bodies. We just totally become one.

It was like a sexual experience but it didn't contain sexual energy. It was just pure love. We were both fulfilled in that love, in that joy, in that happiness.

I was inside of her and just riding the wave of love. Both of us were in tune and in synchronization and experience the oneness of each other.

Coming from her breast was this liquid light was I was drinking. Each drop tasted like nectar. I was completely intoxicated. At one point her daughter appeared and my daughter appeared and we all hugged each other.

We were all laughing and dancing and singing. It was like a family of love, beings of love. At another point, after this self-expression, Catherine just laid on top of me and I just totally melted into her. We just exchanged the beautiful love that existed between us. Both of us were saturated in that love.

We were both in tune with each other. It was such a wonderful feeling. I feel I have known her for a while. I don't know where. Somehow there is a connection between Catherine, myself, and Shri Maharaj Ji. I haven't figured it out.

I just have these feelings that something beautiful and simple is manifesting in my life. I'm open to it. Later on, in one of my tapes, I received a message that on thanksgiving my daughter and I should go and visit Catherine and her child in Virginia. We should just go and play and have fun.

Introduction to focus 21



The introduction to focus 21 was a completely mind-blowing experience.

As soon I put on my headphones I was tuned in to that light. I was completely submerged in that light inside. I was just taken over. I was flying with a whole group of swans.

There was this beautiful lake where thousands of lotus flowers were just blooming and blooming. I went through the various states of consciousness.

I went from 10 to 12 to 15 in different colors. At 21 a marvelous thing happened. Bob was there (Robert Monroe) and he was just shining. He was his joyful self. He just looked up at me smiling and gave me the thumbs-up sign. He said "go for it" and "enjoy the experience".

There were so much love and communication between us. I recognized him and he recognized me. Both of us know that this is an incredible journey. The ultimate journey.

Once he said that I was completely ready to accept and experience that wonderful light of my existence. I then went to a place where I experienced a light that was supreme love and intelligence.

Every single cell of my existence was filled with this intelligence. I was just one and bathing in that light and joy. I was just flying like a swan. I was just flying like that beautiful bird. That swan is free.

I felt like my soul was free. My soul was just singing in that joy and happiness inside. I was just one. It was so wonderful.

Freeform 21



One of the most amazing tape experiences was freeform 21. I don't think there are any words to describe what happened there.

From the moment I put on my headphones throughout the entire process, I was riding the wave of ecstasy and joy. Technically Bob (Robert Monroe) was a genius to develop that tape.

The sounds that he was emitting were the sounds and frequency that reside inside. It was completely a marvelous experience. I was completely experiencing the oneness of joy.

I had these visions of Catherine. She would just smile at me and just drift away. Once again I would dive deeper and deeper into the experience inside. I would go deeper and deeper into that light.

My whole body was like an astronaut experiencing the G-Force. I was experiencing how powerful and incredible the energy is. This energy touches my whole molecular structure and even beyond that.

It reaches the soul and the very essence of life. I feel so wonderful that everything is on track in my life. I have a vision of a quest and it's happening. All of my dreams are coming true on all levels

One experience that I want to express is that I went to bed on the last night of the program around midnight. I was kind of tired. I just needed to go inside and experience that inner beauty.

I drifted off to sleep and was just in that place of love. I was in a nice deep sleep. Around three o'clock in the morning, I was waking up with a bang.

I automatically woke just right up. Something inside of me told me to go take a shower and go see Catherine. I did this. I was kind of hesitant.

What am I doing? I just had this faith and intuition to do this. I went up to Catherine's room and very quietly walked into her room. I opened up her curtain and very slowly touched her.

She looked at me and I could tell she was in a state of shock herself. She thought at first I was a ghost. All she could see was my head because the rest of my body was behind the curtain. She looked at me and said is that you or is it a ghost. I reassured her that yes it was me.

I just climbed into bed with her and just held her the rest of the night. We just exchanged the feeling of love that we had. We just caressed each other and love each other.

There was such a warm inner exchange of love. It wasn't sexual energy. It was like the energy of love, satisfaction, and joy. It was a wonderful experience.

At times I would find myself snoring. My body was asleep but I was wide awake. I was in such a beautiful state inside. I was surrounded by love. I saw these beautiful swans surrounding us. They were protecting us and saying everything is an ok.

Everything is going to plan Just relax and enjoy each other. At one point when Catherine was drifting off to sleep, I saw one of my guides named Running Water.

I saw his face and saw he was an Indian. At one time we were brothers. We were once in a state of laughing and playing and interacting with the forces of nature together.

It was such a beautiful connection. I remember coming out of a dream state and all of a sudden BAM there he was. We talked to each other for some time. He was the eternal brave. He was forceful powerful and full of love.

That consciousness lies inside of me. I felt so wonderful the whole night. What a way to end the week

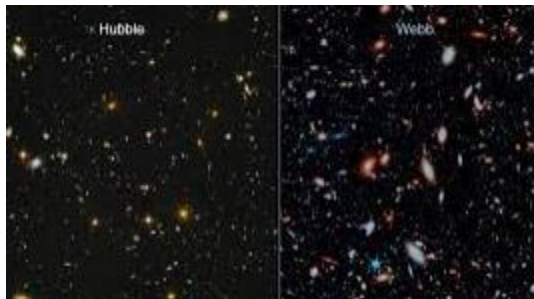
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Books 2022- Monroe Institute

Fletcher Soul Traveler
Updated today

Just breathe



I have an expression that goes like this. What you want you don't need. What you need you don't want. When it comes to things we need, we are lethargic. We have a great lack of energy and so many other sorts of excuses.

Yet when it comes to what we want, we have boundless energy to party.

Look I'm not against partying yet waking up with a hangover every Saturday is not my cup of tea. In our society most of the time, we eat foods that we want not what we need. Consequently, we are one of the sickest nations in the world. Pre-diabetic and diabetes are on the rise.

Over 80% of the population is in one of these two categories. Most of them don't even know it.

I've been into preventative medicine for many years. Yet this year I found myself in this category. They had to amputate my left pinky toe because of this. Mind you I was eating a good diet.

My foods were organic. Despite this, I lost my left pinky toe. I find that ironic. Since then I have fine-tuned my guitar. I'm now at the same weight I was in since high school.

My glucose levels have gone down to normal levels. My blood pressure has gone down to normal levels. I feel 20 years younger despite the operation.



In the last chapter, I talked about how the majority of the world does not breathe properly. I find that simply ironic. It seems like we have lost touch with our true nature. Everything we do is in a state of disarray. It's a miracle that we are alive.

Scientists say 95 % of our actions come from the subconscious mind. That means only 5% is coming from our consciousness. It seems we play the same tapes over and over again. No wonder we don't change for the better.

For over 5, 000 years the East has been walking the path of self-discovery. They have tried to be in harmony with the earth and the universe. Even back then with this incredible knowledge, the majority of people went along their merry ways. They didn't want to change their lifestyle.

Today we have so much wisdom available. Unfortunately, we are on information overload. We receive more information in one day than the average person did a hundred years ago for 10 years. We simply just skim the surface.

We listen to Tibbetts of information and call it wisdom. We don't know how to ponder and think about the things that matter. We are more interested in texting on the freeway of life.

We don't want to think about how we can improve our lives. It's too much of a hassle. Yet we are digging our graves in the process.

Science has made leaps and bounds in discovering our true nature. Yet, even despite this modern-day science is still living 50 years behind the times. There are

many progressive scientists yet they are being stopped by those who are in charge.

Galileo learns this the hard way. Many moons ago he was a man ahead of his times. He lived most of his life under house arrest. He defied the Catholic Church and the Pope. Fortunately, they didn't kill him but he never was set free.

The same times s are here. The world is full of innovative and creative thinkers. Those in charge don't want to hear from them or see their works in the light of day.

What does it take for you to change for the better? Most people needed a health crisis to wake them up. Unfortunately, that is the case for many.

Even when you think you are living in harmony, nature will show you areas where you are not. I was in this category. I don't see this as a failure. I see this has fine-tuned the guitar of life.

We learn through our mistakes. I haven't met anyone who has never made mistakes. I've been a software engineer for over 35 years. Mistakes and bugs are part of the process. You need mistakes to create a software program. Mistakes are part and parcel of the process in life.

Even nature morphs and changes for the better. Everything is a learning experience. Can you imagine if the world could learn from its mistakes? We make the same mistakes over and over again. For centuries we make the same mistakes.

We never learn from them. We can change that if we want. It involves every single one of us. You are a piece of the precious puzzle of life. You are an intricate piece of the puzzle.

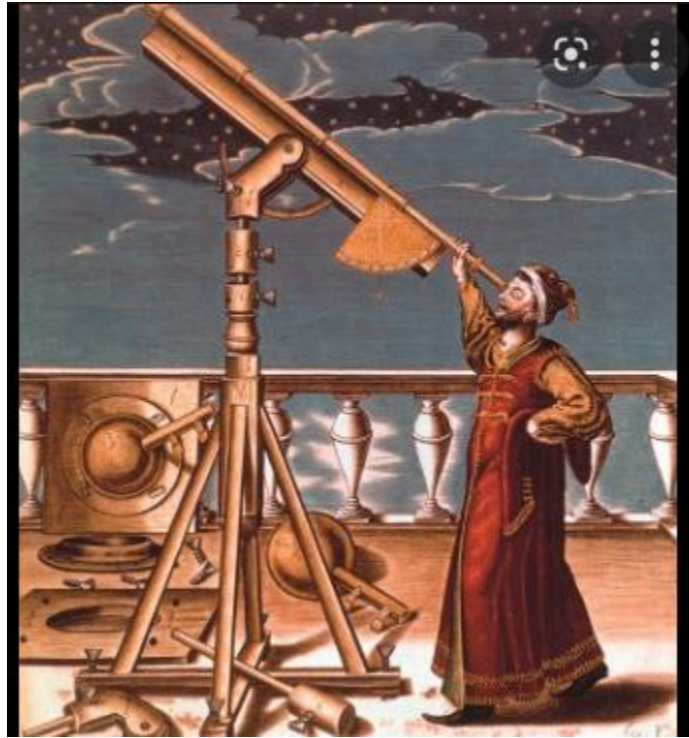
Without your piece, the puzzle cannot be complete. This is how significant you are.

Yes, change is never easy. But you are changing for the better.

You are going from darkness to light. Darkness does not like the light. It's too bright. Maybe books like these will teach you to use sunglasses so the light isn't too bright.

When you get used to the light with sunglasses you can slowly take them off. Mind you this process will go on for eternity. You can never rest on your laurels

Galileo's Telescope



Can you imagine young Galileo pointing his telescope towards the stars?

What was in his young mind?

What kinds of thoughts would float up to the surface of his mind?

He went against the concepts of his time.

During this age, scientists and the Church believed the Sun and the planets revolved around the earth.

Galileo and some scientists before such as Copernicus believed the earth and the planets revolved around the Sun.

Galileo was the first scientist to use a telescope to prove his theory.

Yet why does man hold on so tightly to his ideas and beliefs?

The Catholic church and the Pope himself couldn't believe Galileo.

They said he was a heretic.

How dare you challenge the idea that the Sun and the planets revolve around the earth.

Who do you think you are?

Imagine being tried by the Inquisition.

They found him guilty and place him under house arrest.

Fortunately, they didn't kill him.

Yet he spent the rest of his life under house arrest.

Today Galileo is known as the father of the following.

Father of Observatory astronomy.

Father of modern physics

Father of the scientific method.

Father of science.

All I can say is wow.

Imagine Galileo also studied and mastered the following.

Astronomer.

Physicist.

Engineer.

Philosopher.

Mathematician.

He was in my eyes a genius.

He was way ahead of his time.

Isn't it amazing we don't want men to challenge our way of thinking?

Man at times loves living in the box.

It's a comfort zone.

You don't want to learn anything new or be challenged.

If someone has something to say that is different we get angry.

How many innocent people got killed in the Inquisition?

To be honest I probably would have died back then from what I'm speaking.

Just think Christ died on the cross.

Yet the Inquisition killed millions of people who believed in Christ differently.

What do you think Christ would say?

He would shake his head and probably have tears of compassion flowing from his eyes.

Look this adventure of life is all about discovering the mysteries of life.

We should be grateful when we meet someone who has a different idea or concept of life.

I was fortunate to be brought up in a household that accepted all ideas in life.

Till today I still love to hear life stories from people all around the world.

Imagine today we have telescopes scattered throughout the universe.

We are looking for the mysteries of life.

Quantum breathing



For thousands of years, the ancient ones use the word prana or chi which is life force energy.

Modern-day scientists would say this is the quantum field. It is a field that is beyond time and space. It is beyond all dimensions. We are a part of that field.

What is keeping you alive? That is the question that should be solved in your life. Behind your breath lies the answer.

In the east, they have an expression. Jai.Sat Anand. This translates into truth is the consciousness of bliss. When the mind is absorbed in truth, the consciousness will be in bliss.

There is a life force energy keeping you alive. When one knows how to focus his mind on the power behind his breath one understands what I'm talking about.

There is an evolution revolution understanding of what I'm talking about. There are many different levels of understanding. Unfortunately, we have at this time extreme misunderstanding of this subject.

We were never taught this in schools. Signposts all around yet we don't see them.

I remember once seeing an article in a magazine over 50 years ago. They were interviewing a scientist at that time. The conversation was about the universe. Scientists know that the universe expands and contracts.

The interviewer asked the question like breathing. The scientist said yes.

According to the east, the breath of Brahma is billions of years old. Just one breath. That same breath exists inside of us. We see only 1% of the light spectrum. We feel probably less than 1% of the bliss that lies inside of us.

This is not a theory. The experience that we are talking about exists inside of you. There's a reason why for thousands of years people around the world have focused on the power behind their breath.

Call it whatever you want. What is a mango in less than a word? Only by eating the mango can one understand.

As I said, we are fine-tuning the guitar of life. Currently, our understanding is in a state of disarray and chaos. We can't see the forest from the trees. We think the answer lies externally.

We still think that if only I have that car I will be happy. We still think that external happiness is possible. Our quest for internal wisdom most of the time doesn't exist. Only during difficult times do we ever ponder or think about what is the purpose of this life?

We are breathing 24 hours a day. We breathe around 21,000 breaths a day. In each moment through each breath, the universe is beckoning us to be in harmony.

Each breath is a precious breath and can never come back again. One never knows when you will take your last breath. Unfortunately, we take them for granted, so much so that we are unconscious of our breathing.

Many people breathe through their mouths. Western scientists say there is no difference between breathing through your mouth or nose. In the East, breathing through your mouth was called the breath of death.

We see that today the majority of the world does not breathe properly. Here it is the fundamental aspect of breathing and we don't breathe properly. No wonder the world is in such chaos.

During this time it seems like we have to relearn almost everything we have learned. That can be quite daunting. Yet if we just take one breath after another, the journey will be much easier.

True wisdom comes in the silence. In silence lies the answers to life. The universe does not talk in words yet. It does speak through silence. We think wisdom only comes through words. This is how we have been brought up.

A wise man simply smiles. He has nothing to prove. Many people want to prove something so they will speak endlessly trying to convince you. The truth never needs any convincing.

Quantum breathing is the next step of evolution for man. It allows us to have our feet on the ground and our heads in heaven. It is the step of going from darkness to light.

The chemistry set has always been there. Unfortunately, we have been using harmful and stressful chemicals in our daily life. Many people around the world can't sleep at night.

Their chemistry sets are secreting chemicals of adrenaline that they can't turn off at night. Consequently, they toss and turn throughout the night.

A wise man understands how to control the chemistry set of life. When one puts his head on the pillow in less than a minute, one dozes off to sleep.

Yet even sleep is different for a wise man. One can be aware and at the same time be in a sleep state. One can be immersed in the light and at the same time the body is asleep and the mind is awake. This state of awareness can be awakened in all states of awareness.

Currently, we are divorced from our true nature. Nightmares are quite common. The world at large spends billions of dollars in the sleep industry. These pills only mask the problem.

A good night's sleep can never be obtained by taking medicine. There are always side effects.

Due to our constant state of awareness looking externally, we miss out on the inner jewel of life. This is the most precious Jewel in the universe. This Jewel is your true essence.

Someday in the future quantum breathing will be the norm. According to the east, we are living in the age of darkness. In the age of darkness, we have lost touch with our true nature.

We are oblivious to harmony. We always look externally for the answer. In the age of light, one understands and experiences moment by moment the jewel that lies within.

The mystic and the quantum scientists are speaking the same. They understand that you and I are the same. We are not different and separate. Externally it may appear so.

Meditation allows one over time to realize the unity behind all things. Behind your breath lies the answer to this riddle.

This riddle must be solved by you. One day or another you will understand what I'm talking about. All raindrops eventually return to the ocean. All raindrops return to the source of all

This is the video game of life. There are an infinite amount of levels. Currently, humanity is not even aware there is a video games. They are their main character. We are going from darkness to light.

When one understands there is a video game and actively participates in it life becomes much easier. Each day they understand the rules better. Each day they learn how to experience more of the miracle of this video game. Each day they learn and grow.

Yes, they will still make mistakes. This is how one learns and grows in the video game. This video game is a custom design for you by you and yet you aren't aware of it.

One thing is that we are all alone. This is a grand illusion. This is why there is so much chaos in the world. We think we are vastly different from the people and the world at large. Consequently, chaos is all around due to this understanding.

One can philosophically understand this yet one must experience the oneness behind your breath. Only when you experience the power behind your breath do these words make sense.

This is not a philosophy. This is your true nature. Nobody wants to convert you. There is nothing to convert to. These are just simple keys of life that will help unlock your inner door. We are all here to help and support one another.

Conscious versus unconscious breathing.



I find quite fascinating the difference between unconscious breathing and conscious breathing.

Just think the same breathing mechanisms take place between them. For example, millions of people around the world have sleep apnea.

This is a condition where when they are sleeping they aren't breathing for minutes at a time. This over time causes tremendous harm to the body.

All sorts of systems maladies occur such as high blood pressure, damage to the heart which leads to strokes, diabetes, and all sorts of other problems.

In the east, they practice breath control and holding of the breath with absolutely no side effects. They are helping the body to be in harmony with itself.

They are learning how to harmonize the mind, body, and soul. This leads to being in harmony with nature and the universe.

So by being unconscious, all sorts of illnesses will slowly start to manifest. This is why the yogis and mystics of old have said one must pay attention to your breath at all times.

It's not easy but can be done. And every moment we have the opportunity to put our mind on the power behind our breath. This is

why I say this path is the most practical. Many people would laugh when I say this.

Yet how practical is the path that we take today? Most western scientists say there is no difference between breathing through your mouth or nose.

Today sleep apnea is a major and chronic problem in our society today. There are countless illnesses and diseases caused by not breathing properly. This covers both the mind and body.

Ultimately they are the same. You can't separate the two. There is no demarcation point.

Panic attacks are quite frequent in our society today. The body and mind get so stressed out that we have to breathe in quickly to bring more oxygen into the body.

The ratio of oxygen and carbon must be at a certain point. Too little carbon will also bring malfunctions to the body. Consequently, the body and the mind resolve to panic breathing.

In the East, they practice a form of breathing fast. That helps to reset the human body. There are many names for this.

Some call it chaotic meditation. Some forms of it are in Kundalini yoga. Some forms of it exist in tummo.

All these farms lead to a healthier mind, body, and soul.

They also have breathing techniques where they slow down the inhalation and exhalation. When doing this consciously has tremendous

health benefits for the body and mind. The body enters into the quantum field where unlimited peace, bliss, compassion, and love exist.

The human body gets rejuvenated with these subtle energies. By the way, these subtle energies are your true nature.

We see the quality of life between one who is conscious and the other who is unconscious. 95% of our actions stem from our unconscious. Only 5% are conscious.

We play the same tapes over and over again. We are on a constant treadmill and never realize we are not going anywhere.

Light the movie matrix. We are trapped and don't realize it. Does our everyday life stem from our unconscious? We can't see the forest from the trees.

What we think is normal is abnormal. We think that all these problems that we have in our society and our health today are normal.

For thousands of years, wise men have said the opposite. You would think with the advent of using computers in our society since the 1980s we might have learned that we are the programmers of our own life.

Somehow we don't put two and two together. If we had this understanding then every day, we would program our subconscious minds.

Your subconscious mind is a recording device that was brought online during your early years of development. You are today a byproduct of that programming. All the good, bad, and ugly are programmed directly into your subconscious mind.

Your subconscious mind even exists in your body today.

A person who is trying to be conscious will take all the tools in the toolbox and utilize them. These tools are always with you yet we are lethargic and most of the time don't want to change for the better.

Many people who are pre-diabetic or diabetic don't want to change their lifestyle. They don't want to change the foods that they eat.

By changing your lifestyle and the foods that you eat, you can put your blood sugar levels under control. Most Western doctors say that diabetes can never be healed.

I agree with that fact. If the person is not willing to modify their habits to heal themselves Western medicine will never heal or solve this.

Did you know that sugar is more addictive than heroin or cocaine? Unfortunately, almost any processed food that you buy today has sugar present.

To heal oneself one should educate himself. One should constantly fine-tune the guitar of life.

We can learn from our mistakes. Nature does this all the time. Nature is not stagnant. Nature is always growing, changing, and morphing into something more sublime.

We should imitate nature. The problem is most people don't want to change. Most people dislike change. We must change our attitude about change. Everything in the universe morphs and changes for the better. Nothing in the universe is constant.

Any breathing technique can be beneficial to you. I say this with a caveat. You have your chemistry set.

What is good for one person is poison for the other person. One must be consciously aware that many breathing techniques may not be beneficial to you.

For one thing, never go beyond your limits. You should never force anything. This includes breathing techniques and yoga. postures.

In fact, in life easement is the way. Make small incremental steps. Slowly one step after another. You don't have to leave and bound.

This is why it's called a practical path and the middle ground. If the guitar string is too tense it will snap. In the same way, if you breathe too forcefully the body will rebel and snap.

One must be consciously aware. This is why my personal preference is moderation and relaxing along the way. When my body and mind say to exhale I exhale.

The more you do this the body and mind start to have trust in you. When trust is established, one can go to a different and higher level than before.

You must trust the body and the mind. The body and mind must trust you. This is a reciprocal relationship. We all depend upon each other. The essence is the same.

Our relationships mostly occur externally. That is part of the problem. Having neglected our mind and body chaos exists today. We are divorced from our true nature. We could be light years ahead in

emotional, physical, and spiritual development. When I say spiritual it means all the external activities you do stem from that jewel that lies within.

The world would change dramatically if we all did this.

To sum this up I would say there's a huge difference between being conscious and being unconscious. All the problems in the world today stem from our unconscious state of being.

It's up to you to wake up from your slumber. Millions of people are waking up.

The Owners Manual



Sometimes I think we take care of our cars. 100 times better than we take care of ourselves.

With cars, we have an owner's manual. We do our oil checkups, tune-ups, rotate tires, and all sorts of different kinds of maintenance.

When it comes to our human body, mind, and soul anything goes. We don't even have an owner's manual. That was thrown out the door a long time ago.

Who needs an owner's manual? We could just wing it. We wonder why the world at large and within is chaotic.

The Jains and the ancient yogis developed a sophisticated user's manual thousands of years ago. This user manual was a road map to discover your true essence. It was also a very practical manual on how to live in harmony with nature and the universe.

It contains great wisdom. We are living in the dark ages. You may roll your eyes yet look at all the chaos around you. Is this a heavenly state of mind?

The wise men of the past provided a roadmap and a user's manual. It was not just some dogma or belief. It is common sense which is very uncommon.

For the majority of mankind, the owner's manual sits inside the glove compartment of your precious auto. Unfortunately, the car is locked and covered with dust. The garage door is also closed.

Not a very good predicament if you want to drive your car on the freeway of life.

Most people don't even realize that a car exists inside of them. How could the entire universe exist inside of me? Knowledge is the experience of

realizing that there is a car that exists inside of me. Not only that, but one can open the garage door.

One can unlock the door of the car. Upon opening the door of the car one climbs in and puts on the seat belt and starts the ignition. It might be a good idea to dust off the cobwebs.

The car hasn't been driven in a long time.

At some point in time, you may want to back out the car from the garage. Slowly back out the car onto the street.

Remember you are not alone. God is your passenger. He will not drive the car for you. You must drive the car yourself. But he is there.

Nevertheless, in the passenger seat, he will help you on this sacred journey. At times you will see him and feel him. At times you won't even have a clue that he is sitting there. That's okay.

Remember we are going from darkness to light.

There is a process to it. There are owner's manuals that have been written for thousands of years. It might be a good idea to read them.

The main thing is whatever owner's manual you read put it into practice in your daily life. That is the difference between reading and putting it into practice daily.

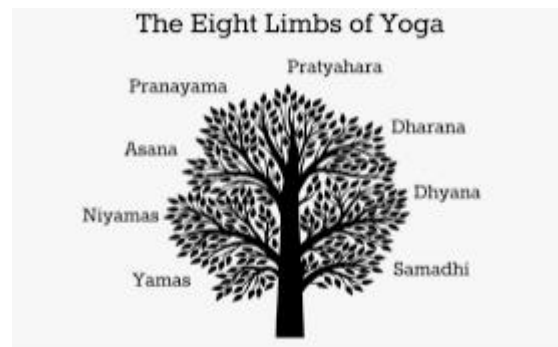
By doing so one understands that each one of us has a custom build car. We can't try to have your car be like my car.

They are all custom built. Our problems stem from the fact that we want all the cars on the road to be just like our cars. Countless wars have been fought due to this.

We have even seen this recently in our supreme court. Decisions have been made that put us back over 50 years.

So my advice is to simply read your own owner's manual and put it into practice in your daily life. Pretty simple.

Eight limbs on the tree of life



This journey of self-discovery is infinite. It's like peeling an onion. There are infinite layers to this onion. A person can never clap their hands and say I've mastered it all.

Our whole sense of understanding of the world around us has to change.

The journey is going from a reactive state to a pro-active state. Going from the hurricane state of the mind to absolute silence. This takes time and patience.

You see darkness is the flip side of the coin of light. You can walk into a room when it's dark flip on the switch and the lights will turn on. In the same manner, you can walk into a room where there is light and then turn off the lights, and darkness will occur.

Darkness is simply the absence of light. In both examples, you decide whether darkness or light will manifest in the room.

The same goes for your life. Most of us are unconscious therefore we don't make proper decisions.

We live on automatic pilot so we have our ups and downs in life. Nothing is stable. We spend our lives not wanting to change even if it means for us to have miserable lives.

We don't know that we can climb out of the hole that we have dug. This is the state of mind today. We don't ask questions about life.

Even during this shutdown when Mother Nature is sending us to our rooms we aren't asking questions like why. We are so busy and bored to get back to our everyday life.

The eight limbs represented the tree of life and how we can be in harmony with it. Over time one discovers one is a scientist, physiologist, dreamer, mystic, lover, and practical. One learns to have the feet on the ground and your head in heaven.

Patanjali set out his definition of yoga in the Yoga Sutras as having eight limbs (अष्टाङ्ग *aṣṭ āṅga*, "eight limbs") as follows:

The eight limbs of yoga are abstinence, observances, yoga postures, breath control, withdrawal of the senses, concentration, meditation, and samadhi (absorption).

Imagine a doctor prescribing a program that will heal you in your body, mind, and soul. Note the doctor does not heal you. You heal yourself.

In the last fifty years, yoga has been mainstream in America. When I first started practicing yoga in 1971 you were considered a weirdo to practice yoga. Yoga posture is only one limb on the tree.



This is a living tree. You are a living tree. So many benefits occur just by practicing yoga postures.

People's health and state of mind have been drastically improved just by doing these.

Note practicing yoga postures is only one limb on the tree of life. We will talk about the various limbs in separate chapters.

¹ <https://www.youtube.com/watch?v=vSaf47zusx4>

PDF



YouTube



PDF



YouTube



Sayings

How Do I Meditate?

How do I meditate?

There are so many different versions out there.

Which one do I choose?

Will I pick up the right one?

Let's start with the foundation.

Are you breathing?

Yes.

What is the power behind your breath?

I don't know.

Focus on your breath in every moment.

When you wonder bring your attention back to your breath.

Do this for the rest of your life.

This is one way to go inside.

Remember the kingdom of heaven lies within.

This is the way to open the door inside of your heart.

Does the universe stop and pay attention to us

Does the universe stop and pay attention to us or do we stop and pay attention to the universe? Does the universe help us on our journey of life? Can the universe be our coach in teaching us about the mysteries of life?

Is it true that the more you pay attention to the universe you will see signposts everywhere? Is the universe gently showing us the way? Look over in this direction.

Is life like a video game where you go from one level to another level? Does life throw curveballs so you can ultimately hit a home run out of the park? When we strike out do we think we failed or do we see the opportunity to learn and grow?

Recently when I meditate I have a sense of being coached. For the past month when I dream I'm at a point where all of a sudden I get pulled from the dream and back into the light. I feel the universe is saying everything comes from light.

I read the autobiography of a yogi many moons ago. One of my favorite passages is when he describes going to a movie theater. The entire audience is captivated by the movie. It becomes real.

Yet how many people turn around and realize that a projector is streaming light upon the screen. The wise masters have been talking about this for eons.

How do we fine-tune the guitar of life? Has the entire universe always been inside of us and we haven't been aware? Does the perfect wave exist inside of us?

These are exciting times for us. Amid Trump and politics, the universe is beckoning us to discover our true nature.

We are the universe and just don't know it. Our civilization is quite young.

Probably less than 200,000 years. Most scientists say probably less than 34,000 years. I'll tack on a few years.

Yet imagine there are probably civilizations that are over 5 billion years old. Imagine they reached a point in evolution where they had a choice to blow

themselves up or evolve to a state where they became the universe. War becomes obsolete.

The universe is kind. The universe is supreme love. The universe is compassion.

The universe is aware. Is the human body hard-wired for the experience? Are we create in God's image?

Quite frankly I believe the universe is always evolving. Can you imagine the joy of the universe when an entire civilization becomes the universe? Granted it takes a long time.

Some say a million years but if you are never created nor ever destroyed what is a million years?

A blink of an eye.

Are we here on earth as individuals to grow and evolve? Have the great teachers in the past been representatives of the universe to show us the way?

They can coach us on the sidelines but remember only you can play the game.

What will cause humankind to wake up from our slumber and discover we are the universe?

Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about the various kinds of breaths.

In Ayurvedic lore breathing through your mouth is the kiss of death.

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.

They have found out that when a person starts to breathe through the mouth the fight or flight syndrome takes over.

What does that mean?

It means your body is being flooded with over 1500 different chemicals.

Many of these in a short term are beneficial.

Yet for many Americans, the facet can't be shut off.

We reinforce this situation by improper breathing.

In the East, this has been known for thousands of years.

This is why the foundation for so many meditation practices is the breath.

They understand the practical mechanics of breathing through the nose.

There is a life force within that is keeping you and the universe alive.

Our western day understanding of the general public is lacking.

I say common sense is uncommon because our lifestyles don't reflect it.

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

Always On Inside Of You

What is always on inside of you?

I have no idea what you were talking about.

Well for one thing the wise men of old have said there's a place inside where the light is always turned on.

Even in your darkest moments, this light exists.

Then why don't I see it inside myself?

That is a good question.

That is the starting point to answer your question.

Without asking that question, how can you get an answer?

The light has always been there but have you been there?

You are breathing 24 hours a day yet are you aware of the power behind your breath?

I say quite frankly, the more you pay attention to something, the more attention it pays to you.

Signposts are all around yet do we have the eyes to see?

This may seem like a riddle which it is.

My theory and the theory of many before me have said this is the goal of human life.

The light is always on inside of you.

The light brings wisdom and clarity.

Darkness is the absence of light.

No wonder the world is in turmoil.

We don't know our true nature.

Yet we truly think we have all the answers.

Don't tell me what to do.

There's no light inside of me.

I've been alive for over 60 years and I've never seen this light that you are talking about.

When I newborn baby smiles that smile is a reflection of the light within.

It's like the Sun radiating its rays.

A newborn baby doesn't have to say anything.

It just shines.

Maybe, just maybe we should learn how to rediscover our true nature.

Last Breath

Wow, the end of your journey is about to end.
You are about to take your last breath.
This was an incredible journey you had.
Another journey is about to be embarked on.
You see your body dies but your essence is eternal.
You are about to become one with the universe.
You are about to become one with God.
This is your true nature.
You are like a raindrop returning to the ocean.
The raindrop merges into the ocean.
You merge with God.
You come unto this world from God.
Slowly over time, you forget your true nature.
Upon death, you go back to the source.
All the great masters have said to discover the essence behind your breath.
Something is keeping you alive.
Your breath is ever so precious.
Don't take it for granted.
Your breath is a gift from God.
The more you become aware of your breath the vast mysteries of life will be revealed.
Your true nature is kindness.
Your true nature is love and compassion.
Your true nature is patience and tolerance.
You are the universe.
You just don't know it.
The greatest treasures lie inside of us.
We tend to think that happiness lies outside of ourselves.
It never has and never will.
That precious car you always wanted will soon be a headache.
At first, it was like wow I always wanted this.
The first few weeks the car brings you so much happiness.
You show it off to your friends and take them for a spin in your new car.
Unfortunately, after some time the thrill is gone.
BB King even wrote a song about this.
Many people think that if these gifts are truly there why don't I know it.
Well, there is a mine within.

Yes.
There are diamonds within.
Yes
How do you dig for diamonds?
You need a shovel and a pick.
To answer this riddle in life you need to learn how to dig for the jewel inside of
you.
That's what all these sayings are for.
The miracle of life lies behind your breath.
Follow your breath moment to moment.
This is where your incredible journey begins.

Occam's razor

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.

The more assumptions you have to make, the more unlikely an explanation is.

We all live in a cosmic soup.

Every quantum scientist knows that.

Yet why don't we perceive that?

Wise men have been talking about that for thousands of years.

They didn't use the word quantum.

Behind your breath lies the answer.

It's as simple as that.

We make it so complicated.

In the silence, one can perceive the ocean of life.

Daily close your eyes.

You will solve this riddle of life.

Different Perspectives

The following chapters are different perspectives on the web of life. There is a web of love tying us all together.

All the major religions in the world are talking about the same thing. There are many different roads yet the end is the same.

I have studied the major religions not based on a philosophical or a theoretical point of view. I'm like a mystic discovering the same Jewel that lies within all.

People have different names for that jewel. It doesn't matter what you call it the Jewel exists inside of you.

I hope you will enjoy these chapters. They might inspire you or show you a different perspective on life.

Many of these points of view will be entirely different from your belief system. It's not bad to try and think outside of the box. It's not bad to challenge yourself with new ideas.

We all need to stretch ourselves and see different sides of the coin. Life has many sides to the coin yet the coin exists no matter how many sides you say it has.

Our understanding of the universe at this present moment is so superficial. Maybe it will always be superficial. We are making incredible progress in the meantime.

The James I. Webb telescope it's bringing us images from the past over 15 billion years ago. We are living in such an exciting time.

Kingdom of heaven lies within.



The Kingdom of Heaven lies inside of you. You maybe have been taught that the pearly gates exist in a cloud somewhere. God is ruling from his throne.

Luke 17:20-21

²⁰ And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation:

²¹ Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

Let's take a look at Christ's lost years and their significance. Just think many of the world's religions considered Christ as one of the greatest mystics.

mys·tic

/ˈmɪstɪk/

noun

1. a person who seeks by contemplation and self-surrender to obtain unity with or absorption into the Deity or the absolute, or who believes in the spiritual apprehension of truths that are beyond the intellect.

Have the teachings of Christianity been watered down? Consider the following.

Matthew 6:22

In the King James Version of the English Bible the text reads:

The light of the body is the eye: if therefore thy eye be single, thy whole body shall be full of light.

The World English Bible translates the passage as:

“The lamp of the body is the eye. If therefore your eye is sound, your whole body will be full of light.

Talk to any mystic and they will say this is the divine light the self-effulgent light. This is our true nature. All mystics know about the third eye which is the pineal gland.

Joe Dispenza received his Doctor of Chiropractic Degree from Life University in Atlanta, Georgia, graduating magna cum laude. His postgraduate education has been in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, and aging and longevity.

Joe is both a scientist and a mystic.



My suggestion is to think outside of the box. Many people think Christopher Columbus was crazy when he said the world is round.

People got quite angry when he said it. Let's go on an incredible journey. You are the universe. You just don't know it.

PDF.



YouTube?



Books 2020 Kingdom Of Heaven

[The way.](#)



I have always been fascinated by the East. As a young child, my parents had a statue of the Buddha and a painting of Quan Yin.

Sitting on my bookshelf lies a copy of the Tao Te Ching. It has been sitting there for many moons. Mind you many of you probably weren't born. It's been that long.

My favorite part is the opening.

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and Earth.

The named is the mother of the ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one sees the manifestations.

These two spring from the same source but differ in name; this appears as darkness.

Darkness within darkness.

The gate to all mystery.

Whenever I read this it sends shivers down my spine. How eloquently said. This was written by Lao Tzu around 300 BC.

I love good mysteries. My brother and I are extremely curious. Ever since I was a child I actively pursued the great mysteries.

About 6 months ago I started to do a Chi gong practice. I love it. I've been practicing every day.

Recently with the worldwide shutdown, I have some time on my hands. In my morning meditation, I thought I would read the Tao Te Ching and absorb it.

I find scripture fascinating. There is a great mystery to be solved. Each sacred book talks about in its subtle way how to discover the jewel within.

Lao Tzu was one of them. The most books ever sold except for the Bible was the Tao Te Ching. Here it was sitting on my bookshelf waiting patiently for me to open it up. The Tao is ever so patient. It took billions of years for man to appear on earth.

Modern-day scientists and Mystics are talking about the Tao using a different ways of expressing it. Scientist calls the Tao the quantum field. This field exists beyond time and space. It was, is, and will always be. It exists in all dimensions.

Yet centuries before Christ the sages discover the Tao or the Way. It wasn't a philosophy. They had first-hand experience of it.

These teachings are more relevant today. This world is in chaos. The Tao Te Ching can help humanity discover the jewel inside.

Remember you can talk about a mango yet without trying a mango it's just book knowledge. The Tao is a practical path. At times I think humanity wants to give their offerings once a week and call it quits. Maybe this worldwide shutdown will be an opening call. Only time will tell.

There are 81 short quotes. I'm putting my commentary for each one. I use the word ponder a lot in my writings.

I'm pondering deep inside myself to understand this precious wisdom. I don't want to skim the surface. Anybody can do that. I want to discover the pearls of wisdom for each one.

I hope you enjoy this book.

PDF.



YouTube?



Books 2020 The Way E

Dream time



Come with me and let's explore the aboriginal world of Dreamtime. I have been fascinated by the aboriginals ever since I saw Peter Weirs' movie "The last wave".

For the first time in my life, I heard the didgeridoo. When I first heard that sound my soul was captivated.

Words can't describe the feelings I experienced inside. It was a sound so eerie and yet so comforting. I knew this sound.

This sound was a part of me.



I got much of my material from the above YouTube video Journey into the Dreamtime with Aunty Munya Andrews. I was blown away both the incredible sophistication of their ancient wisdom.

Come with me and let's learn on this journey together.

Last week I just finished my book "Conscious Economics". It was about how the world must change our ways to survive as a species.

I talked about the concepts of the ingenious people around the world and model-day western concepts of consumerism. It was a difference between night and day.

From my inner well floated up a thought to write a book on Aboriginal Dreamtime.

To be quite honest I had a superficial bunch of ideas. I was always just skimming the surface. I heard about Aboriginal people going on walkabouts.



The great movie Crocodile Dundee talked about aboriginal's going on a walkabout. Once again it was just at a surface level.

The Aboriginals have a concept called profane knowledge. Profane knowledge is knowledge acquired in the external world.

This includes the good, bad and ugly. All external knowledge lies in this category. The five external senses are fully engaged.

The analogy for this is bark on the tree. The bark is external.

Outside = bark
Profane



Inside = wood
Sacred

Sacred knowledge exists inside of the tree. This is where true wisdom resides. The world at large is mainly focused on the external.

Take a look at modern-day politics in the United States.

What is the truth is considered fiction? What is fiction is considered truth.

The aboriginals know that the wood the essence exists inside of the tree. They have known this for over 100,000 years. They are the oldest existing society in the world. Their entire life is based upon acquiring inside wisdom.

The entire universe is alive. The earth is alive.



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism.

During the 1920s Bertrand Russell came up with this term. It's kind of like what came first the chicken or the egg.

What comes first a human body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

Is dark matter aware? Is the sun in the sky aware? What denotes awareness?

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware.

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes.

Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together.

The entire universe is comprised of this soup. Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

Now can you take out a single ingredient? You can't. In the same way, there is a universal soup of consciousness of which we are a part. It is quantum. It is beyond time and space. We always think linearly.

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive.

Man thinks that by using logic that they can understand the quantum soup. But it's beyond logic and rational thinking.

Personally, I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside. Imagine this light is the same light as the quantum universe.

Everything is a part of this light. $E=Mc^2$. Everything is energy and light. Everything is alive and aware.

The aboriginals discovered this fact over 100,000 years ago. This concept is still alive in their core belief systems.

Many modern-day scientists believe in this theory. The aboriginal people discovered the tree inside many moons ago. It is not a concept but a reality.

PDF.



YouTube?



[Rumie.](#)



Welcome to my new book. This book will be a story within a story within a story.

But first, take a look at the slide show. This might give you an insight into the work I'm doing. I believe we are all on the same boat sailing home today.

I take a look at beauty in all walks of life. Even the so-called weeds like the dandelions have incredible health

benefits.

I've been thinking for the last two years that I wanted to tackle the Muslim point of view on life.

My daughter is a devoted Muslim. Her husband is from Egypt. They have three incredible children. I have seen the transformation of my daughter from a child to a beautiful adult and Mom. It brings tears to my eyes.

This journey in life is a combination of having your feet on the ground and your head in heaven. It's extremely practical.

This is the beginning of the story. This is the first step. Come with us on this journey.

Each day a new story will come alive. If you are in any way interested in Rumi watch the story unfold.

I can't say everything will be 100% accurate. Well, that wouldn't be a story, would it? The essence is how the story brings inspiration to you. This is what a story is truly about.

The definition of inspiration is as follows.

- 1.the process of being mentally stimulated to do or feel something, especially to do something creative.
2. a sudden brilliant, creative, or timely idea.

This book came from my inner inspiration a week ago. I always wanted to hear more about the life of Rumi will here goes.

-Author

-Rumi



If you have seen Star Trek you have seen how Spock can do a mind-meld with another person.

People think that it's science-fiction yet it is not. Your body is hard-wired for this experience. The author quite frequently says that when you are born you have the operating system, hardware, and software put into place.

How elegantly said.

Your scientist discovered the quantum field over a century ago. Imagine a field that is beyond time and space. It exists for eternity. Universes are created and

destroyed. Behind the scene and unseen lies the source of life. Just think your body is wired for this experience.

You have unlimited potential. The universe is keeping you alive. The author uses that a lot. Anyway anybody can tap into that.

It's a great way to have a phone connection with your loved ones on the other side. Sometimes the author has an uncanny ability to tap into a person who has died and receive a message from them.

Note this is not like receiving words but symbols and feelings.



These come from the subconscious mind. Many people when they hear about channeling say it is just the subconscious mind. Well exactly. That is precisely what it is.

The subconscious mind is directly connected to the quantum soup or source of life. The subconscious mind governs over 95% of your actions.

The intelligence and wisdom of the entire universe lie inside of your subconscious mind.

Humankind's subconscious is united. Take a look at Carl Jung and his work. This will give you a better understanding.



This is how the author communicates with me. It used to be common upon mankind.

The ingenious people all around the world still have this capability today. The author just finished a book called Dreamtime which talks about the

Aboriginal ways of melding heaven and earth in your everyday life. This will not be perfect. Both the author and I laugh at this.

People will scoff at such ideas. People

laughed at me when I was alive.

You could say my life was outside of the box. But my poetry is still alive today. People are inspired to read and listen to it. In fact it is more popular today than when I was alive.

There are rumors that I'm the number one poet in the world. If Allah says so. I'm just a humble servant. I do not need recognition. When one is united with Allah it's all his glory.

Anyway, come on this incredible storytelling journey. You will laugh and cry at the same time. This is just as much as your story. We are all united.

Stop and think about your particular journey on this road of life. The author uses the word ponder quite frequently in his works.



It was only in the last 10 years he used this. Pondering is a way to discover your essence.

All ancient civilizations used this. So welcome. This is the first step. Let the storytelling begin.

PDF.



YouTube?



Books 2021 - Rumi

Tummo activating the Star Gate within



Over forty years ago I heard about this ancient practice. There would be stories with pictures of Buddhists sitting in the snow with wet sheets around them and they would completely dry them off.

The first thing that came to my mind was why not just use a dryer. It would take no more than 30 minutes to dry.

There are an infinite amount of powers that one can acquire along the way. I thought about how it would be if they used the power of compassion to do this.

Years later after listening to

Lama Glen I understood that the foundation of Tummo is compassion. In fact, to evolve as human being compassion is the essence.

Lama Glen explained in this two-hour zoom seminar many things that helped me refine my understanding of Tibetan Buddhism. My vision and understanding were greatly magnified.

I look back at how my life has been in synch with the Buddha.

Our house is like a Buddhist temple. We have Buddha's statues, Quan Yin statues scattered throughout the house. My spiritual practice follows the ancient guideline that Buddha taught about.

Lama Glen helped me to understand the experiences I have had for the past fifty years and translate them into Buddhist understanding.

Mind you this is only by listening to a two-hour seminar. Lama Glen is going to present a 16-week course on this subject. I already got my money's worth just by his YouTube seminar.

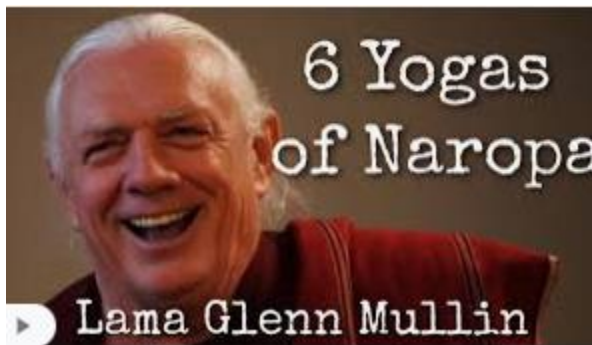


Accordingly to Milarepa Tummo is the basis for the 6 yoga's. The 6 yoga's are Tummo, Illusory Body, Clear Light, Dream Yoga, Bardo Yoga & Phowa.

The Buddhists have a book called Crystal Clear. I read this book around 2001. Crystal clear is a state of utter formlessness. Is it how to bring infinite radiance, stillness, and formlessness into everyday life?

My understanding of crystal clear is probably the merging of Buddhist thought and the current understanding of the quantum field. Both are talking about the same thing.

Read some of my books and you will see this theme presented in many ways.



Lama Glen said that Humans experience the essence of tantra in three ways naturally.

- Every night when we go to sleep. One who is aware can capture a snapshot of the clear primordial mind.
- Making love is another way. The

organism can lead to clear light radiance if one is aware.

- Meditation is another way.

All three can be awakened within oneself. When one is sitting on the meditation cushion.

When one goes to sleep called clear light of sleep yoga. The last is the clear light of death when one dies. These states are the following awake, dreaming, and death.

Tummo is the basis for the meditation practice. It brings infinite radiance, stillness, and formlessness into everyday life.

This ultimate state is elusive nonphysicality, a clear mind, clear sight. Glen says there is infinite me yet all form disappears.

Accordingly to Lama Glen, one learns how to lean towards form in everyday life and at the same time lean to the elusive non physicality, clear mind, clear sight.

The Cabbalistic calls these state feet on the ground and the head in heaven. One can sit and meditate and only have the 5 inner senses activate where one enters the clear mind clear light state.

Coming back to the external senses one activates the external senses. The goal is to harmonize the two.

The philosophy of Tantra says we exist simultaneously on three dimensions. Course, subtle and very subtle.

Ordinary life is course. It consists of our minds and bodies. Everyday life is a part of this. External stimuli create internal experiences in the brain.

At the coarse level, everything is experienced in duality. When one tries to meditate for the first time one brings to the table a course mind. A mind that has been conditioned externally.

Our body and state of mind create various chemicals to reflect our state of being. The Buddhists have known this for thousands of years. Only recently has western scientist embraced this concept and have proven it over again and again.

Dr. Joe Dispenza is at the forefront of this. The Dali Lama has each year a conference with scientists from all around the world. This has been going on since the eighties. They have been studying the mind-body connection in the lab ever since then.

These are called by the Buddhist Psycho-Neurology immune systems. Behind this loud noise lays the subtle body. Our minds and bodies are like tuning forks. We only vibrate at the frequency of the current state of mind and body.

Here's an example of being out of balance. In my junior year, my parents took our family to Yosemite. It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees. I was miserable. Why because I missed the ocean. Now that is being out of balance.

One can be in a heavenly place and the subtle mind can be out of wack and cause suffering due to your state of mind.

Your mental state creates the emotional state of your being. These disturbances are felt in the heart and thyroid.

This is called subtle chemistry. The conscious mind and the subconscious mind are the two which control the chemistry. Remember the subconscious mind controls 95% of our actions. Only 5% is conscious. I find it interesting that Carl Yung was familiar with Buddhist philosophy.

I'm sure that much of his understanding came from them. Lama Glen also believes in this.

When one can stop the heart consciously and stop the physical functions one enters the state of the timeless zone.

The Buddhists are trained in breathe retention. Tummo is the process of holding your breath and sending it to the heart. Then pure alchemy occurs and the higher chemicals are secreted into the body.

According to Lama Glen by bringing all the energies to the heart we become like a one-cell being. Arising from that brings the most subtle mind to be activated.

Most of humanity lives in dense bodies. Need I say more. Look at the world today.

Furthermore, Lama Glen said don't believe anything externally that is in the shape of outside appearance. It's all illusionary.

The biggest obstacle is to overcome the attachment to the ordinary appearance of things. This is called Maya the great illusion.

Talk to a quantum scientist and they will tell you about the quantum field. This has been proven over a hundred years ago yet we still live in the Newtonian model.

At the next level, we try to manipulate these drops of chemicals to our advantage. In the beginning, we work with the 4 principal chakras. The navel chakra, heart chakra, throat chakra, and the center of the brain chakra.

These chakras help speed up the evolutionary process. The tantra states that one day of meditating in this state is equivalent to 100 years of normal evolution.

Paramhansa Yoganand said the same thing with Kriya yoga. Anyway, there are scientific practices that can speed up this practice.

The basis of the tantra practice is to go from the gross mind to the subtle mind and ultimately to the very subtle mind.

Tummo, elusory body, and clear light is the process to take you from the gross, subtle, and very subtle bodies. One achieves enlightenment by these three practices of yoga.

Tummo Yoga always starts with physical exercises. There are six main exercises.

The first one is similar to pranayama. They do this because most humans are shallow breathers. Purpose to harmonize the male and females energies.

This is the same concept of harmonizing the Ida and the Pingala nerves. These breathing exercises are done three times.

When you do this both nostrils should be balanced. If not repeat the three rounds.

Note for further explanation I'm taking the class. Then breathe deeply through both nostrils three times. One should always do this before doing tummo.

During tummo, one does vase breathing through the nose. Accordingly to Lama Glen's instruction.

- Breathe in through the nose. Swallow if you want. This will put the abdomen in the correct position. Hold for forty-five seconds. Relax and slowly exhale the breath through the nostrils. Do this for around 10 minutes.
- Then do the same but rotating your abdomen clockwise and counterclockwise three times each. This is vitalizing your eternal organs. You are rotating the entire solar plexus region. Do this without moving your backbone or shoulders. Remember to press down and pull up. This

messages the gall bladder, pancreas, kidneys, and other vital organs. It is very good for digestion.

- Do the same but push the stomach out and in. This is arousing the fire energies. It also helps with the internal organs.

Note don't read this book and try to do the exercises. You must learn from a qualified teacher. I'm just a mere beginner like you.

Tummo means fierce women. The digestive system is a system of the fire element.

Did you know that there is a junction box with 72,000 Nadis or energy channels that are wired there? It's not physical yet it's real.

Someday in the future scientist will develop instruments which show this. The acupuncture of today knows about this along with the Taoists, Yoga's, Lamas, and Jains.

In tantra, sexual energy is the purest and primitive energy. Our brain energies are the most impure because it is a condition of our external stimuli, state of mind, and body.

Accordingly to Lama Glen by arousing this sexual energy our neural system is heightened by this pure energy.

There are 108 exercises but only 6 are needed.

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Kabbalah



Come with me on this precious journey of life. This book first got started way back in 2001.

I first heard about the Kabbalah back in the mid-seventies.

Until recently you had to be Jewish. You had to be a male. You had to be over forty.

The Kabbalah was an esoteric aspect of Jewish tradition. It has existed for over two thousand years.

In September of 2001, my wife and I embarked on this incredible journey. Karen Greenberg was a great teacher who taught a group of us in Penn Valley California. She lived in Michigan.

Karen came four times a year to teach us. We had monthly classes where we would meet at our house.

My wife and I were instructors for this class. They say if you want to learn something you should teach it.

Well, I decided to channel the wisdom. I used a book from Ted Andrews which had all the archetype symbols for each sephirah. This is called the tree of life.

The tree of life is a diagram used in various mystical traditions. It usually consists of 10 nodes symbolizing different archetypes and 22 lines connecting the nodes.

The nodes are often arranged into three columns to represent that they belong to a common category. We only studied the 10 nodes.

For each node, we spent the month studying and experiencing the particular node or sephiroth.

This is from Wikipedia.

Carl Jung understood archetypes as universal, archaic patterns and images that derive from the collective unconscious and are the psychic counterpart of instinct.

They have inherited potentials that are actualized when they enter consciousness as images or manifest in behavior on interaction with the outside world.

To be quite frank I never worked with archetypes symbols before. I first was exposed to them at the Monroe Institute in the mid-eighties. I spent a week there.

For some reason, it was love at first sight. With my meditation experience, I found it easy to tap into each symbol. I believe there are universal archetype symbols that exist in the collective unconscious.

You might ask yourself why would anyone want to learn this? Well, I like this analogy. The goal is to have your feet on the ground and your head in heaven. I like that statement.

I liked the idea to be proactive in life. Most of humanity is reactive. We can't control our minds and emotions. Look at the current situation today. People are divided. The nation is divided. People are flaming each other on Facebook.

As I said our class only studied an individual Sephiroth for a month. In the old days, they studied for one a year.

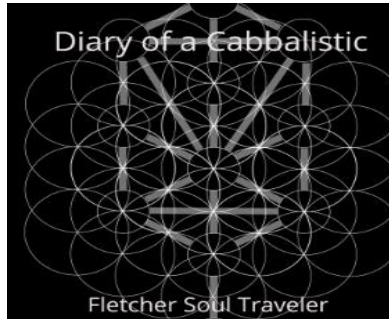
Time has changed. I think the learning aspect has quickened. Knowledge and wisdom come from the heart. When the mind and heart are in coherence the ability to gain wisdom occurs.

I hope this book will help guide you on your journey in life. We all have our particular points of view on life.

This is my journey. It has made me a better person. To be honest I don't study this anymore yet the foundation lies inside of me. Day by day, moment by moment my goal is to be a better person.

I take responsibility for my life. I'm learning to respect all different faiths and traditions. We are all on the same boat of life sailing together. Bon voyage.

PDF



Books 2020 Diary of a
Cabbalistic

Fletcher Soul Traveler

[VIEW FULL PLAYLIST](#)

[The Physics of Spirituality](#)



I truly believe in synchronicity. The title of this book is [The Physics of Spirituality](#). Mind you I did not come up with this title.

My twin brother John's business partner and dear friend Gurminder Singh Khalsa came up with this title.

They have known each other for over 33 years. I have been fascinated by physics and the foundation of consciousness in the universe.

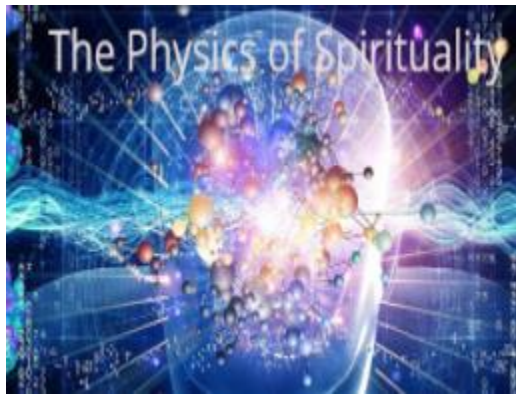
For almost fifty years I've been meditating. You could say my brother and I have a knack for it.

If you have been reading my books which you probably haven't I have been writing about the practical experience behind all religions.

They are all talking about the same thing. In the past few months, I wanted to talk about the Sikhs. They have an incredible background that the west has ignored.

Gurminder passion is studying the quantum field using the external lab and internal lab. We will get to that in this book.

PDF



YouTube



Books 2022-The Physics Of Spirituality

[Keys to life](#)



A Law by definition in this book is like guidelines or divine qualities that exist that if you are in harmony with them the quality of your life in all areas will improve.

This life is a grand adventure. We are so fortunate to be alive. There is so much to be grateful for regardless of our circumstances. We all possess inside of our very own essence the keys to life and the unfolding of its vast mysteries.

Do you know that contained within your DNA the knowledge and wisdom of the entire universe reside?

Each of us is a unique gift from God. We are all so different yet the essence is the same. This book will hopefully begin to unlock the great mysteries that lie within your very own essence.

Your true essence is infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness. These qualities of life are the building blocks of the entire universe, in the seen and unseen worlds.

Beyond all dimensions, beyond time and space, these divine qualities exist. You could say that Love is the foundation of all life.

Look at the diverse world we live in. Look at how incredible nature is. We don't just have one kind of apples but there are literally thousands of different kinds of apples.

Look at how diverse this planet is. It really is a gift from God. Behind all creation lies the power of life. Everything is alive. Everything is aware.

Yet do we have the eyes to see this. Behind the power of life is the power of infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

These are just a few of the divine qualities that make up the universe, the sun the moon and the stars. Every living thing in this world has these divine qualities.

These qualities of infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness are infused with life itself. The whole of creation is infused with these divine qualities.

Look at the total innocence of a newborn baby. The newborn directly reflects these qualities. Yet unfortunately, as we grow older we forget and lose these precious gifts of life.

We get so preoccupied with our 9 to 5 existence that we forget about how incredible it is to be alive. We forget that our very own essence is infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

This is our true nature. It doesn't matter if you believe in God or not. Your essence is Love. You are hardwired with Love. Every single cell of your body is love. Love is the intelligence behind all life.

Love is the power that creates the sun, the moon and the stars. Love is the power that keeps you alive. These are not just some emotional qualities that man created.

These are infinite divine qualities, beyond time and space, is was and will always be. These divine qualities are the building blocks and foundation for all life, for all creation. This is our true nature.

In essence, we are infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

So the question is where is it? Why have we forgotten our true nature? Where is true happiness and love? Why is my life not going in the direction I hoped and dreamed for? These are questions to ask yourself.

At times we live our life at a totally unconscious level. We go through this life struggling and reacting to the winds of change that blow all around us.

We go around complaining about life, complaining how we have a bad deck of cards dealt with us. We are at times like the leaves blowing in the wind.

In this state of mind, we are reactive beings. This has been man's path for thousands of years. Living in this condition we have wars, nations are separate and we fight for our own existence.

We can't see the common dominator, the thread of Love tying us all together. Our relationships and the way we treat each other in this world are not much to be desired. We need to understand that there is another way to exist. There is another way to be and behave.

This life we have is so incredible. Yet we are merely skimming the surface. We live most of the time unconscious. We have forgotten that there is a diamond that lies within the vast ocean of love inside of your being.

This diamond is your very own essence. It's life itself. It is keeping you alive. This is what all religions talk about. The Kingdom of Heaven lies within.

The entire treasure chest of the whole universe is contained inside of your being. In fact, you are the universe. You will always be. You can never die.

Your essence is the building block of all creation. You have simply forgotten. It is time to wake up from your nap. It's time to realize that

you can change and that all you have to do is wake up to your incredible essence.

You are already enlightened you just simply aren't aware of it. Your nature is Divine. You are good but at times you don't always reflect it.

This book is about discovering your true nature and taking over the reins of your life. You are meant to be a CO-Creator. You are designed to bring all of your divine qualities to Life.

You are meant to be a direct reflection of God. You are meant to be divine. In fact, this is what the word human means. Hu means divine. Man means mind.

For the majority of mankind, we only live and are aware of our conscious minds. True human lives and knows how to integrate the mind and heart. There is no separation and distance between the two. A true human realizes that the unconscious mind is truly the main driver in life.

Science has already realized that the unconscious mind is the force behind everything. It literally drives your life. Your external life is a reflection of your unconscious mind. In order to change anything, we must change your unconscious mind.

Since the day you were born you have begun to program your life. Every event and circumstance in your life you have learned how to program.

You have learned how to adapt. Yet over time, we have forgotten that we are the source code of life. We have forgotten that our

subconscious mind is truly in charge and directs the outcomes in our life. We think that we truly can't have what we dream We think that we can't be truly in charge of our lives and direct it to what we truly desire. This is the state that we are in.

We have forgotten that we hold the keys to life. We can use these keys to unlock the doors within and discover that we can turn our lives around.

We can experience that the mysteries of life exist inside and our very own essence. In that state, we call empowerment.

We are the sun, the moon, and the stars and are walking around in a human body complaining about life. We have lost touch with who we are. This is your true nature.

Can you imagine how incredible your life would be if you could truly discover your true essence? Your life would totally change.

The world as we know it would change. Peace could be on this earth. This is not a fantasy. This is a reality. Yet we have simply forgotten who we truly are.

It doesn't matter if you are a Saint or a Sinner the essence of your being is the same.

This book is about re-discovering your true nature. It is absolutely good. It is infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

These are not just words but are like the sun's rays. Every day we experience the warmth of the sun. The rays of the sun bring life to this planet. If and when the sun dies our planet won't be alive.

The entire universe contains rays of infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

These are the building blocks behind all life. Imagine that the sun in the sky contains these divine qualities. You also contain these same qualities. This is your true nature.

Throughout the ages people have talked about how incredible you are yet at times we haven't listened. We haven't seen how incredible our life could be if we could become one with all of life.

Maybe we haven't even thought about it. Maybe we go to church on Sunday and pay our respects to God for one hour and leave it at that.

Yet each one of us is truly divine in nature. I hope that this book will help you to unlock the great mysteries within. I hope that you will begin to unlock your own doors of existence.

Nobody can unlock your doors. Only you can. Yet we can provide inspiration and guidance for you. This is what life is all about. Once we have begun to open our inner doors we love to help others open their doors.

One realizes that giving is our true nature. It's like an apple tree. An apple tree does not hoard its fruit. It freely gives to all. This is its nature. This is our true nature.

At times we are so preoccupied with our own existence that we have become self-centered and egotistical. We think that the whole universe revolves around us.

This is how a human being, family, community, state, nation, and the world can act. We have seen what unfortunate outcome this has brought us.

This book is about discovering another way. It's about discovering your true nature. It's about discovering how incredible and beautiful you are.

You are a gift from God. How incredible will be the day when your life directly reflects this?

So the question is where is it? Why have we forgotten our true nature? Where is true happiness and love?

Why is my life not going in the direction I hoped and dreamed for? These are questions to ask yourself.

This book is about discovering another way. It's about discovering your true nature. It's about discovering how incredible and beautiful you are.

You are a gift from God. How incredible will be the day when your life directly reflects this?

Have you ever dialed into the source of your life?

Have you ever dialed into the source of your life?

Have you ever felt like you had a conversation with your creator?

How would you like to phone your creator?

What would you say?

From time immemorial we have been hard-wired for a direct connection to God.

You don't even need an operator.

God lives inside your heart.

You are the temple of God.

No temple on this planet is as magnificent as you are.

The creator hides inside of you.

The phone has been ringing since your birth.

Pick up the phone.

There are no collect calls.

This call is the most important of your life.

Please tell Suzie or John that I'll call you back,

I've been waiting for this call all of my life.

Hello

Words cannot describe the joy inside.

Direct communication to the heart.

Your heart is filled with love.

This book is about how to use these universal laws for your own personal growth and development. By understanding these laws and applying these laws your life will be enhanced.

These laws are universal yet for most of us we have forgotten them. Hopefully, this book will help you to wake up from your slumber and help you to recognize how precious you are.

These laws aren't some kind of rigid code that you live by. Life is not rigid. Life is constantly changing and evolving.

By being in tune with these laws your life will change and you will see the beauty behind all. Every day is an opportunity to grow. These sacred laws encompass all areas of our lives.

By using them and being in harmony with them you will see how incredible they truly are. The answers exist inside of you.

This book hopefully will help you to be aware of these universal laws in your own life. By being aware and making small changes day in and day out your seed will grow.

This book was originally going to be something else. As I started to think about what I was going to write about it morphed into something else.

I had a flash inside that I realized that my book topic was to talk about the Laws of the Universe and how these laws can help us in our daily life.

The more one practices these laws the more one becomes truly free and is empowered with life itself. Our goal is to become fully aware of

this incredible life force energy of love which is keeping everything alive.

All the tools exist inside of you. Your body is hardwired for this experience. Now is the time to take small baby steps day by day in your life.

Each moment in your life is special. Your dreams can come true. You can learn about these laws and implement them into your daily life.

No matter what situation you are in nobody controls your mind. You will learn how to reprogram yourself for the better.

These are exciting times. We truly live in a global village. The secret to life is being opened to all. Each one of us has the opportunity to grow. The tools are there, now we just need to use them.

So I sincerely hope that this book will help awaken you in your adventure in life. I hope that you can see that these laws can truly help you and will benefit you in all areas.

The more you pay attention and the more aware you are, you will see tremendous changes. They are very subtle yet over time you will look back and see “WOW” I have come so far.

The small baby steps that we take every day truly do carry us to our destination. So don't think this is a huge effort that you have to take. Be gentle with yourself.

PDF



YouTube



Shamanism



Welcome to the world of shamanism. Shamanism is a religious practice that involves a practitioner, a shaman, who is believed to interact with a spirit world through altered states of consciousness, such as trance.

The goal of this is usually to direct these spirits or spiritual energies into the physical world, for healing or some other purpose. This is the most given definition. Yet I take a different spin on it.

I'm taking the modern-day approach. Everyone alive on earth is a shaman. The jewel exists inside of us.

The quantum field exists everywhere. It's existing beyond time and space. It exists in the seen and unseen worlds. It exists in all dimensions and universes.

The shamans of all traditions know this. They know the interconnections of all creation. Mother earth and man are interconnected with each other.

You don't see ingenious people throwing garbage in the living room of the earth. They don't put up fences. Nobody owns the land. The land is scared.

It seems to me that western man is still living in conquering the Wild West. We still have the mindset that life must be conquered.

Mind you we annihilated millions of Indians along the way. Yet we still don't have any remorse for doing so. You would think that we might change our ways.

Yet this is embedded into our consciousness. We feel conquering is the only way. Whether it's war, politics, sports, or business. There are winners and losers.

We even fight with Mother Earth. We take and steal precious resources without any sense of morals or ethics.

The following is from CNN. Prince Charles made these statements.

Only a revolution in the way the global economy and financial markets work can save the planet from the climate crisis and secure future prosperity, Prince Charles warned on Wednesday.

"We can't go on like this, with every month another record in temperatures being broken," he told CNN in an exclusive interview at the World Economic Forum in

Davos, Switzerland. "If we leave it too long, and we have done, just growing things is going to become difficult."

The heir to the British throne and lifelong environmentalist was speaking to CNN after he threw down a challenge to the global business and finance elites in Davos to lead a "paradigm shift, one that inspires action at revolutionary levels and pace" to avert the approaching catastrophe.

"Do we want to go down in history as the people who did nothing to bring the world back from the brink in time to restore the balance when we could have done? I don't want to," he told the audience at the WEF's 50th annual meeting.

We must change our awareness and consciousness. We are nonchalantly sawing the branch we are sitting on. Every human on earth holds a particular piece of the puzzle.

I firmly believe that the further a society is distant from Mother Earth the more insanity occurs in civilization.

Common sense is uncommon. We lose the wisdom of the earth and the universe. Society no longer is in synch with nature.

We develop the Wild West mentality. This gets carried away in all phases of life.

Currently, the US is in a major meltdown due to the silent virus. Yet our President wants to open up schools next month.

Yesterday in Florida over 16,500 people were reported positive. That's just in one day. There is still a furious debate on whether to wear a mask or not.

When a society loses connection to planet earth all hell breaks out. We think we are smarter than nature. Man's ego gets so large that he thinks he is in charge of everything.

Mother Nature sent us all to our rooms and think things over. Yet we get bored and complain the whole time. For many people, they got nothing constructive out of it.

The following is from ABC news.

"I think I made a mistake. I thought this was a hoax, but it's not."

Those were the final words of a 30-year-old patient who died at Methodist Hospital in San Antonio this week after attending a so-called "COVID party," according to the hospital.

Dr. Jane Appleby, chief medical officer for Methodist Hospital and Methodist Children's Hospital, said in a recorded statement that the unidentified patient told nurses about the party, which she said is hosted by someone diagnosed with coronavirus.

"The thought is people get together to see if the virus is real and if anyone gets infected," Appleby said.

Appleby said she shared the story not to scare people, but to make sure they understand that the virus can affect anyone.

The practice of a shaman is to learn how to be in harmony with the universe and mother earth. In the silence lies all the answers to life.

This book will take you into the world of shamans. This is your natural state. As I said many times before you are the universe. You just don't know it.

Shamans have known this fact for thousands of years. To save humanity, we must discover our true nature.

[The serpents of Wisdom](#)

The serpents of Wisdom | Leeuwarden, the Netherlands. This film covers the opening ceremony on Psy-Fi 2018 presented by Earth awareness and five wisdom keepers from different corners of the world. An old native

tradition on a modern-day dance festival. A call to remember our native roots, our connection with our ancestors, and to create our own ceremonies once again. In this film: Angaangaq Angakkorsuaq, Toroa Aperahama, Don Santos Lopez, Robin Youngblood, Jeffrey Wium, and Mark & Maja.

Quotes

Angaangaq Angakkorsuaq Greenland

Peace can never be made by the government. Peace must be born inside.

Robin Texwellus Youngblood Native American

We are all torn apart in modern culture. All cultures are oppressed, depressed, and repressed. We must remember ourselves as the children of the earth. We are all indigenous to this planet.

We know that we are raping the earth yet we aren't doing anything about it. Everybody knows that.

Mother Nature doesn't need us. We need Mother Nature.

We Say We Are Intelligent But Are We?

We say we are intelligent but are we?

We are babysitters of the creatures of this world yet we treat them with no respect.

We would be sued in the court of our father for our neglect.

We talk about criminals but what is the worst crime destroying this planet.

Where will our resources be when there are no trees?

Hungry we will be. Orphans upon this land.

Man can be the true custodians of this land.

Let's open up our hearts before it's too late.

Super Bowl



Congratulations to the Kansas City Chiefs. Just think they waited for 50 years to win their next Super Bowl.

Wow, the city must be on fire with happiness. I must admit I'm not a football fan. As a matter of fact, I only have seen one game all the way through.

This was the playoff finals. I watch the Super Bowl final differently than the average fan. You could say I have a different mindset.

You see I've been meditating for around 49 years. It is my passion and hobby.

When I watched the game I could see the incredible aspects of the game. This is a highly evolved chess game.

It's like in the Harry Potter movies the monsters are alive for the chess pieces.

I started to watch the game in earnest. During the playoff's I saw the Chiefs come behind by twenty points and they won the game.

They were playing the Tennessee Titans for the AFC championship game. During this game, I saw that the team that was in tune with the quantum field had a total advantage.

You are probably saying yeah your crazy but please listen.

I'm sure that all teams know they have good days on the field and off days. Even during a football game the mindset constantly changes.

As I watched the AFC game I could see when either team was in sync or not. Call it what it is but intuition is the key. Without intuition, you can never win the game.

At some point in time, the KC Chiefs were in the zone. They could do no wrong. This is a mindset. Every team yearns for this. Every fan years to see this. It's quite complicated and sophisticated.

Tim Gallwey was at the forefront back in the early seventies. He wrote the book the inner game of tennis. He is still at the forefront of this amazing mindset.

Many coaches are using his system today. Tennis is both a mental sport and a physical sport. Your mental state of mind will determine the outcome of the game. This is the same in all aspects of life and sports.

Football has a much bigger impact. Imagine you have multiple high-speed trains going directly at you and you have to throw the ball or run for dear life. You must be calm and serene and yet you have a few seconds to respond.

The average person would have a panic attack. We couldn't survive the collision of three trackers hitting us at once.

This is far more difficult than a bullfighter. With a bullfighter at least there is just one bull, but in football, there is a gang ready to pull you down.

Yesterday's game went back and forth. There were times when both sides were in total control. To be honest Patrick Mahomes had a hard time getting into the zone during the first three quarters.

There was a point during the fourth quarter when the Chiefs were behind 10 points. I didn't see the sparkle in Mahome's eyes. I wasn't feeling well so I went to bed.

Ten minutes later my wife screamed and woke me up. I couldn't believe my eyes. The entire team was on fire. They could do no wrong.

The San Francisco team couldn't believe what was going on. They ruled the entire game up to this moment. Games are won and lost in a matter of seconds.

This book is my perspective on what I saw and helpful hints for the future. It may sound crazy but the quantum field is known and unknown to us.

Mostly we perceive it on an unconscious level. The teams of the future will tap into it consciously. The teams that do this will have an incredible advantage. We are just skimming the surface.

We think the game is merely physical yet there is a universe behind it. Infinite possibilities exist.

I hope that you enjoy this book. It's quite different yet Tim talked about this about 48 years ago. We still are at the beginning stages of embracing this knowledge.

PDF



YouTube



Long story short



Here's the short version of a long story. Slightly over a year ago, I saw some sores on my feet. It was wintertime and I thought it was due to the dryness in the air.

Anyway, I healed four out of five of them. The last one was almost 90% healed. I was starting to get a little concerned about why it was taking so long.

Two weeks ago I woke up and my left foot was extremely inflamed. This did not look good.

I went to an acupuncturist who was a medical doctor and an acupuncturist. He told me I had a serious infection and I needed to go to a clinic right now. I went to the clinic and the nurse said the same thing. I needed antibodies right now. I got my prescription.

I started to do some research with my brother. I thought I had a great diet. I hardly ever had junk food.

John told me in the early 2000's he had a blood test. They said he had a body of a twenty-year-old. They also said that if he continued eating bread, tortillas, and cheese he was heading toward high blood sugar.

Well, I never knew about that. I'm not sure even if I had the info I would have changed.

This is what I learned about high insulin levels.

Because of the largely unrestricted insulin signaling, hyperinsulinemia **increases the risk of obesity, type 2 diabetes, and cardiovascular disease and decreases health span and life expectancy**. In epidemiological studies, high-dose insulin therapy is associated with an increased risk of cardiovascular disease. Aug 21, 2020

Furthermore, the more I research the subject I saw that one symptom was that sores took longer than usual to heal. High insulin levels are the culprit in the majority of our diseases.

This is from Doctor Benjamin Bikman

Signs That You Are Insulin Resistant ²

88% of people in America have some form of insulin resistance. Well, only 60% of the population is overweight or obese.

So, you have a portion of the people that don't fall into the overweight or obese category by current standards. However, they are still failing aspects of metabolic health. So, what are the less obvious signs of insulin resistance?

If you can't fast for 12 hours, that's a terrible sign. It is a reflection of insulin resistance and chronically elevated insulin. If insulin is high, you won't be able to burn fat for fuel.

It's time to help your body learn how to use fat for energy. High blood pressure and infertility are also signs of insulin resistance.

The story continues.

PDF



YouTube



² <https://drmindypelz.com/the-secrets-to-overcoming-insulin-resistance-dr-benjamin-bikman/>

The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was, and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.

Religions

Have you ever wondered about the common denominator of all religions?

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

Is was and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhist it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created nor destroyed.

Positive, negative, and neutral energy.

Is there a common theme?

All religions talk about light.

If thy eye be single the whole body shall be full of light.

In the Gita, Krishna reveals a light more brilliant than a billion suns.

Is that metaphoric speaking?

What happens when we split open an atom?

The Buddhist have scriptures that talk about a great light upon death.

Every religion known to man talks about a light.

Every religion talks about the word of God.

In the beginning, was the word.

The word was with God and the Word was God.

The Latin translation of word was Logos.

Logos means power.

In the beginning, was an infinite power.

This power was with God and this power was God.

Hum, maybe they were talking about the same thing.

Are science and religion both talking about the same thing?

This word according to religions cannot be spoken.

According to the Tao beliefs.

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and earth.

Is there a primordial word or energy that is, was, or always be?

Could this word exist everywhere?

Beyond time, beyond space.

Universe

Uni One Verso Word.

One word.

Could there be a universal frequency that exists everywhere?

Before creation, before the void, before anything we can dream of.

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Anand.

Truth is the consciousness of Bliss

When the mind is absorbed in truth, the consciousness is in bliss.

Truth is, was, and will always be.

If the word of God can't be spoken and is, was, and always aren't they talking about the same experience.

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

If we are created in the image of our father I think he would wire us up properly.

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

Since the advent of the nuclear age, man has discovered that everything is a frequency.

We are not just matter.

Energy vibrates at a frequency.

It creates sound.

Could it be that all religions are trying to find the sound of God through their chants, mantras, and prayers?

Could these sounds act like a tuning fork that can transform man?

What would happen to a man if he could vibrate at an infinite frequency?

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy that exists everywhere.

The energy is both light and sound.

Science knows that both energy and mass are the same things.

Is there a pure mass that is contained in the whole universe?

If there is then it must be contained inside of you and me.

All religions talk about this in their abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

Kabir a famous Sheik poet talks about how one drop of this nectar can make a man totally intoxicated.

All wisdom and knowledge exist inside of this nectar.

By the grace of God, I had the entire Ganges River flowing inside of me.

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

Let's all go back home and transform this world.